



John Juarez | 843.422.6641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 a.m.–12:00 p.m. Kickboxing for Parkinson's	11:00 a.m.–12:00 p.m. Kickboxing for Parkinson's	11:00 a.m.–12:00 p.m. Kickboxing for Parkinson's	11:00 a.m.–12:00 p.m. Kickboxing for Parkinson's	
12:30–1:30 p.m. Kickboxing for Parkinson's Level 3	4:15–4:55 p.m. Kids MMA Ages 5–8	12:30–1:30 p.m. Kickboxing for Parkinson's Level 3	4:15–4:55 p.m. Kids MMA Ages 5–8	
5–5:50 p.m. Junior MMA Ages 9–14	5–5:50 p.m. Junior MMA Ages 9–14		5–5:50 p.m. Junior MMA Ages 9–14	
6–6:45 p.m. Kick Fit	6–6:45 p.m. Circuit Fit	6–6:45 p.m. Kick Fit	6–6:45 p.m. Kick Fit	
6:45–7:45 p.m. Krav Maga Personal Protection	6:45–8:15 p.m. No Gi Jui-Jitsu	6:45–8:15 p.m. Muay Thai Kickboxing	6:45–8:15 p.m. MMA Jui-Jitsu	5–7:30 p.m. Open Gym
7:45–8:30 p.m. Muay Thai Kickboxing				

Open mat 10 a.m.–4 p.m.