



John Juarez | 843.422.6641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 a.m.-11:00 p.m. Kickboxing for Parkinson's Level 1/2	10:00 a.m.-11:00 p.m. Kickboxing for Parkinson's Level 1/2	10:00 a.m.-11:00 p.m. Kickboxing for Parkinson's Level 1/2	10:00 a.m.-11:00 p.m. Kickboxing for Parkinson's Level 1/2	9:30 a.m.-10:30 a.m. All level Parkinson's	9:00 a.m.-10:00 a.m. Krav Maga class
11:30 a.m.-12:30 p.m. Kickboxing for Parkinson's Level 3		11:30 a.m.-12:30 p.m. Kickboxing for Parkinson's Level 3			10:30 a.m.-11:30 a.m. Jiu-Jitsu
4:15-4:55 p.m. Kids Martial Arts Ages 5-8 Class 1	4:15-4:55 p.m. Kids Martial Arts Ages 5-8 Class 2	4:15-4:55 p.m. Kids Martial Arts Ages 5-8 Class 1	4:15-4:55 p.m. Kids Martial Arts Ages 5-8 Class 2		
5-5:50 p.m. Junior Martial Arts Gi Jui-Jitsu Ages 9-14	5-5:50 p.m. Junior Martial Arts Ages 9-14	5-5:50 p.m. Junior Martial Arts Gi Jui-Jitsu Ages 9-14	5-5:50 p.m. Junior Martial Arts 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		
6:45-8:15 p.m. Muay Thai Kickboxing	6:45-8:15 p.m. Jui-Jitsu	6:45-8:15 p.m. Muay Thai Kickboxing	6:45-8:15 p.m. Jui-Jitsu	6-7:30 p.m. Open Gym	

Open mat 10 a.m.-4 p.m.