



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	
	4:15–5 p.m. Kids MMA Ages 5–8		4:15–5 p.m. Kids MMA Ages 5–8	
5–6 p.m. Junior MMA Ages 9–14	5–6 p.m. Junior MMA Ages 9–14		5–6 p.m. Junior MMA Ages 9–14	
6–6:30 p.m. Cardio Kickboxing	6–6:30 p.m. MMA Circuit Training	6–6:30 p.m. Cardio Kickboxing	6–6:30 p.m. Cardio Kickboxing/ Circuit	
6:30–8 p.m. Muay Thai	6:30–8 p.m. Jui Jitsu	6:30–8 p.m. Muay Thai		5–7 p.m. Open Gym

Open mat 10 a.m.–4 p.m.