

Fitness Quest MMA Kids



Monday 5:00 PM Coach Stephen Jiu-Jitsu	Tuesday 5:00 PM Coach Cass Kids MMA	Wednesday 5:00 PM Coach Stephen Jiu-Jitsu	Thursday 5:00 PM Coach Cass Kids MMA	Friday 5:00 PM Coach Stephen Jiu-Jitsu	Saturday 11:00 AM Coach J Kickboxing	Sunday 11:00 AM Coach J Kickboxing
Coach Sasha		Coach Sasha				
Boxing ages 6+		Boxing ages 6+				
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	12:00 PM	
Coach J / Abdul	Coach Jojo	Coach J / Abdul	Coach Sasha	Coach J / Abdul	Coach Sasha	
Kickboxing	Judo	Kickboxing	Shotokan Karate Ages 8+	Kickboxing	Shotokan Karate Ages 8+	
	Coach Justin / JJ		Coach Justin / JJ			
	Wrestling		Wrestling		1:00 PM Kids Fitness	1:00 PM Kids Fitness

All Levels

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Monday 10:00 AM Coach Phil Boxing	Tuesday 10:00 AM Coach Phil Boxing	Wednesday 10:00 AM Coach Phil Boxing	Thursday 10:00 AM Coach Phil Boxing	Friday 10:00 AM Coach Phil Boxing	Saturday 10:00 AM Coach Phil Boxing	Sunday				
6:00 PM	5:00 PM	6:00 PM	5:00 PM	6:00 PM	11:00 AM	11:00 AM				
Coach Cam	Coach Mike	Coach Cam	Coach Mike	Coach Abdul	Coach Abdul	Coach Maligue				
Boxing	Adult No Gi Jiu- Jitsu	Boxing	Adult No Gi Jiu- Jitsu	Kickboxing	Kickboxing	Kickboxing				
Coach Mike		Coach Mike		Coach Mike						
Competition BJJ Gi	6:00 PM	Competition BJJ Gi	6:00 PM	Competition BJJ Gi	12:00 PM					
Coach Glenn / Matt	Coach Ron	Coach Glenn / Matt	Coach Ron	Coach Glenn / Matt	Coach Sasha					
Wrestling	Boxing	Wrestling	Boxing	Wrestling	Shotokan Karate					
Coach Abdul	Coach Jojo	Coach Abdul	Coach Sasha							
Kickboxing	Judo	Kickboxing	Shotokan Karate							
7:00 PM	7:00 PM	7:00 PM	7:00 PM	7:00 PM						
Coach Chris	Coach Mike	Coach Chris	Coach Mike	Coach Chris						
Jiu-Jitsu	Adult Beginner Kickboxing	Jiu-Jitsu	Adult Beginner Kickboxing	Jiu-Jitsu						
Coach JJ	Coach Aaron	Coach JJ	Coach Aaron	SPARRING						
MMA Wrestling	Open Mat Wrestling	MMA Wrestling	Open Mat Wrestling							
	7:30 PM Coach Chris Adult No Gi Jiu- Jitsu									
8:00 PM Coach Mike Advanced MMA (Invite Only)	8:00 PM Coach Mike Beginner Kickboxing Sparing	8:00 PM Coach Mike Advanced MMA (Invite Only)	8:00 PM Coach Mike Beginner Kickboxing Sparing							

Cardio Kickboxing

Monday - Friday

Coach Malique Coach Malique Coach Malique
10:00 AM 3:30 PM 5:00 PM