



Fitness Quest MMA



Kids

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

All Levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM Coach Phil Boxing	10:00 AM Coach Phil Boxing	10:00 AM Coach Phil Boxing	10:00 AM Coach Phil Boxing	10:00 AM Coach Phil Boxing	10:00 AM Coach Phil Boxing	
6:00 PM Coach Cam Boxing	5:00 PM Coach Mike Adult No Gi Jiu-Jitsu	6:00 PM Coach Cam Boxing	5:00 PM Coach Mike Adult No Gi Jiu-Jitsu	6:00 PM Coach Abdul Kickboxing	11:00 AM Coach Abdul Kickboxing	11:00 AM Coach Malique Kickboxing
Coach Mike Competition BJJ Gi	6:00 PM	Coach Mike Competition BJJ Gi	6:00 PM	Coach Mike Competition BJJ Gi	12:00 PM	
Coach Glenn / Matt Wrestling	Coach Ron Boxing	Coach Glenn / Matt Wrestling	Coach Ron Boxing	Coach Glenn / Matt Wrestling	Coach Sasha Shotokan Karate	
Coach Abdul Kickboxing	Coach Jojo Judo	Coach Abdul Kickboxing	Coach Sasha Shotokan Karate			
7:00 PM Coach Chris Jiu-Jitsu	7:00 PM Coach Mike Adult Beginner Kickboxing	7:00 PM Coach Chris Jiu-Jitsu	7:00 PM Coach Mike Adult Beginner Kickboxing	7:00 PM Coach Chris Jiu-Jitsu		
Coach JJ MMA Wrestling	Coach Aaron Open Mat Wrestling	Coach JJ MMA Wrestling	Coach Aaron Open Mat Wrestling	SPARRING		
	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 10:00 AM	Coach Malique 3:30 PM	Coach Malique 5:00 PM
----------------------------------	---------------------------------	---------------------------------