



Fitness Quest MMA



Kids

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 PM <u>Coach Marlon</u> Boxing <u>Coach Chris / Steven</u> Jiu-Jitsu	5:00 PM <u>Coach Marlon</u> Boxing	5:00 PM <u>Coach Marlon</u> Boxing <u>Coach Chris / Steven</u> Jiu-Jitsu	5:00 PM <u>Coach Marlon</u> Boxing	5:00 PM <u>Coach Marlon</u> Boxing/Sparring <u>Coach Chris / Steven</u> Jiu-Jitsu	11:00 AM <u>Coach Abdul</u> Kickboxing	11:00 AM <u>Coach Abdul</u> Kickboxing
6:00 PM <u>Coach Sid/Bryan</u> Kickboxing <u>Coach Dan</u> Adv. Wrestling	6:00 PM <u>Coach Jojo</u> Judo <u>Coach</u> Beg. Wrestling	6:00 PM <u>Coach Sid/Bryan</u> Kickboxing <u>Coach Dan</u> Adv. Wrestling	6:00 PM <u>Coach Sasha</u> Shotokan Karate Ages 8+ <u>Coach</u> Beg. Wrestling	6:00 PM <u>Coach Sid/Bryan</u> Kickboxing <u>Coach Dan</u> Adv. Wrestling	12:00 PM <u>Coach Sasha</u> Shotokan Karate Ages 8+ 1:00 PM Trainer Kids Fitness	1:00 PM Trainer Kids Fitness

All Levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM <u>Coach Phil</u> Boxing	10:00 AM <u>Coach Phil</u> Boxing	10:00 AM <u>Coach Phil</u> Boxing	10:00 AM <u>Coach Phil</u> Boxing	10:00 AM <u>Coach Phil</u> Boxing	10:00 AM <u>Coach Phil</u> Boxing	11:00 AM <u>Coach Abdul</u> Kickboxing
	5:00 PM <u>Coach Mike</u> No Gi Jiu-Jitsu Open Mat		5:00 PM <u>Coach Mike</u> No Gi Jiu-Jitsu Open Mat			
6:00 PM <u>Coach Ron</u> Boxing <u>Coach Mike</u> Comp. BJJ Gi <u>Coach Dan</u> Adv. Wrestling <u>Coach Abdul</u> Kickboxing	6:00 PM <u>Coach Ron</u> Boxing <u>Coach Mike</u> No Gi Jiu-Jitsu <u>Coach Jojo</u> Judo	6:00 PM <u>Coach Ron</u> Boxing <u>Coach Mike</u> Comp. BJJ Gi <u>Coach Dan</u> Adv. Wrestling <u>Coach Abdul</u> Kickboxing	6:00 PM <u>Coach Ron</u> Boxing <u>Coach Mike</u> No Gi Jiu-Jitsu <u>Coach Sasha</u> Shotokan Karate	6:00 PM <u>Coach Abdul</u> Kickboxing <u>Coach Mike</u> Comp. BJJ Gi <u>Coach Dan</u> Adv. Wrestling	11:00 AM <u>Coach Abdul</u> Kickboxing 12:00 PM <u>Coach Sasha</u> Shotokan Karate	
7:00 PM <u>Coach Chris</u> Jiu-Jitsu <u>Coach Ron</u> MMA Wrestling	7:00 PM <u>Coach Nick</u> Beginner Kickboxing <u>Coach Aaron</u> Open Mat Wrestling	7:00 PM <u>Coach Chris</u> Jiu-Jitsu <u>Coach Ron</u> MMA Wrestling	7:00 PM <u>Coach Nick</u> Beginner Kickboxing <u>Coach Aaron</u> Open Mat Wrestling	7:00 PM <u>Coach Chris</u> Jiu-Jitsu <u>Coach</u> Sparring		
8:00 PM <u>Coach Ron</u> Advanced MMA (Invite Only)	8:00 PM <u>Coach Nick</u> Beginner Kickboxing Sparing	8:00 PM <u>Coach Ron</u> Advanced MMA (Invite Only)	8:00 PM <u>Coach Nick</u> Beginner Kickboxing Sparing			

Kickboxing w/ Coach Malique

Monday - Friday

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