

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM						STORM Team
10:00 AM						Little Ninja's
10:30 AM						Kids Martial Arts (7-12)
11:15 AM						Striker Fitness
12:00 PM	MMA	MMA	MMA	MMA	MMA	
1:00 PM	Fighters / Competitors Training	Fighters / Competitors Training	Fighters / Competitors Training	Fighters / Competitors Training	Fighters / Competitors Training	
4:30 PM		Little Ninja's (4-6)		Little Ninja's (4-6)		
5:00 PM	Kids Martial Arts (7-12)	Kids Martial Arts (7-12)	Evolve Kids Martial Arts (7-12)	Evolve Kids Martial Arts (7-12)	Kids Martial Arts (7-12)	
5:45 PM	Evolve Kids Martial Arts (7-12)	Evolve Kids Martial Arts (7-12)	Kids Martial Arts (7-12)	Kids Martial Arts (7-12)	Flow Kids Martial Arts (7-12)	
6:30 PM	Striker Fitness	Grappling (NoGi)	Striker Fitness	Grappling (NoGi)	Boxing Fitness	
7:15 PM	Evolve Striker	Evolve Grappling	Evolve Striker	Evolve Grappling	Evolve MMA	
8:00 PM	Flow Striker	Flow Grappling	Flow MMA			

Kids Program
 Little Ninjas
 Basic Program
 Evolve (Intermediate)
 Flow (Advanced)