

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM						STORM TEAM
10:00 AM						Tiny Titans / Little Ninjas (3-6 Yrs)
10:30 AM						Samurai Kids (7-12 Yrs)
11:15 PM						Striker Fitness
12:00 PM	MMA Fitness	MMA Fitness	MMA Fitness	MMA Fitness	MMA Fitness	
1:00 PM	Fighters / Competitors Training	Fighters / Competitors Training	Fighters / Competitors Training	Fighters / Competitors Training	Fighters / Competitors Training	Birthday Parties 1 Pm - 3 Pm
4:30 PM		Tiny Titans / Little Ninja's (3-6 Yrs)		Tiny Titans / Little Ninja's (3-6 Yrs)		
5:00 PM	Samurai Kids	Samurai Kids	EVOLVE / FLOW Samurai Kids	EVOLVE Samurai Kids	Samurai Kids	
5:45 PM	EVOLVE / FLOW Samurai Kids	EVOLVE Samurai Kids	Samurai Kids	Samurai Kids	FLOW Samurai Kids	
6:30 PM	Striker Fitness	No Gi BJJ	Striker Fitness	No Gi BJJ	Boxing Fitness	
7:15 PM	EVOLVE Striker / No Gi BJJ	EVOLVE Striker / No Gi BJJ	EVOLVE Striker / No Gi BJJ	EVOLVE No Gi BJJ	EVOLVE MMA	
				Women's No Gi BJJ		
8:00 PM	FLOW Striker	FLOW No Gi BJJ	FLOW MMA			

Samurai Kids Martial Arts
 Tiny Titans (3-4 Years / Little Ninjas (5-6 Years))
 Basic Program
 Evolve (Intermediate)
 Flow (Advanced)