

FITNESS QUEST MMA

CLASS SCHEDULE



KIDS

MONDAY

5PM
JIU JITSU



6PM
KICKBOXING



TUESDAY

6PM
JUDO



WEDNESDAY

5PM
JIU JITSU



6PM
JIU JITSU



THURSDAY

6PM
WRESTLING



FRIDAY

5PM
JIU JITSU



SATURDAY

1PM
KIDS FITNESS



SUNDAY

1PM
KIDS FITNESS



2PM
WRESTLING



ALL LEVELS

MONDAY

6PM
KICKBOXING



7PM
JIU JITSU



TUESDAY

6PM
JUDO



WEDNESDAY

6PM
JIU JITSU



7PM
JIU JITSU



THURSDAY

5:30PM
BOXING



FRIDAY

6PM
KICKBOXING



7PM
JIU JITSU



SATURDAY

SUNDAY

2PM
WRESTLING



ADVANCED

MONDAY

6PM
BOXING



TUESDAY

6PM
BOXING



WEDNESDAY

6PM
BOXING



THURSDAY

6PM
BOXING



FRIDAY

7PM
SPARRING



SATURDAY

SUNDAY

7PM
OPEN WRESTLING



FIGHTERS

MONDAY

7PM
MMA



TUESDAY

7PM
MMA



WEDNESDAY

7PM
MMA



THURSDAY

7PM
MMA



FRIDAY

7PM
SPARRING



SATURDAY

SUNDAY