

# FITNESS QUEST MMA

## CLASS SCHEDULE



### KIDS

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**MONDAY**

5PM  
JIU JITSU



6PM  
KICKBOXING



**TUESDAY**

6PM  
JUDO



**WEDNESDAY**

5PM  
JIU JITSU



6PM  
JIU JITSU



**THURSDAY**

6PM  
MUAY THAI



6PM  
WRESTLING



**FRIDAY**

5PM  
JIU JITSU



**SATURDAY**

11AM  
MUAY THAI



1PM  
KIDS FITNESS



**SUNDAY**

11AM  
KICKBOXING



1PM  
KIDS FITNESS



### ALL LEVELS

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**MONDAY**

6PM  
KICKBOXING



7PM  
JIU JITSU



**TUESDAY**

6PM  
JUDO



**WEDNESDAY**

6PM  
JIU JITSU



7PM  
JIU JITSU



**THURSDAY**

6PM  
BOXING



6PM  
MUAY THAI



**FRIDAY**

6PM  
KICKBOXING



7PM  
JIU JITSU



**SATURDAY**

11AM  
MUAY THAI



**SUNDAY**

11AM  
KICKBOXING



### ADVANCED

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**MONDAY**

6PM  
BOXING



**TUESDAY**

6PM  
BOXING



**WEDNESDAY**

6PM  
BOXING



**THURSDAY**

6PM  
BOXING



**FRIDAY**

7PM  
SPARRING



7PM  
OPEN WRESTLING



**SATURDAY**

**SUNDAY**

### FIGHTERS

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**MONDAY**

7PM  
MMA



**TUESDAY**

7PM  
MMA



**WEDNESDAY**

7PM  
MMA



**THURSDAY**

7PM  
MMA



**FRIDAY**

7PM  
SPARRING



**SATURDAY**

**SUNDAY**