



# Fitness Quest MMA



## Kids

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00 PM</b> <b>Coach Chris</b> Jiu-Jitsu <b>Coach Sasha</b> Boxing ages 6+	<b>5:00 PM</b> <b>Coach Mike</b> Kids MMA	<b>5:00 PM</b> <b>Coach Chris</b> Jiu-Jitsu <b>Coach Sasha</b> Boxing ages 6+	<b>5:00 PM</b> <b>Coach Mike</b> Kids MMA	<b>5:00 PM</b> <b>Coach Chris</b> Jiu-Jitsu	<b>11:00 AM</b> <b>Coach Abdul</b> Kickboxing	<b>11:00 AM</b> <b>Coach Abdul</b> Kickboxing
<b>6:00 PM</b> <b>Coach Devin</b> Kickboxing	<b>6:00 PM</b> <b>Coach Jojo</b> Judo <b>Coach Dan / Derek</b> Wrestling		<b>6:00 PM</b> <b>Coach Devin</b> Kickboxing <b>Coach Dan / Derek</b> Wrestling <b>Coach Sasha</b> Shotokan Karate	<b>6:00 PM</b> <b>Coach Devin</b> Kickboxing	<b>12:00 PM</b> <b>Coach Sasha</b> Shotokan Karate	

## All Levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>10:00 AM</b> <b>Coach Phil</b> Boxing	<b>10:00 AM</b> <b>Coach Phil</b> Boxing	<b>10:00 AM</b> <b>Coach Phil</b> Boxing	<b>10:00 AM</b> <b>Coach Phil</b> Boxing	<b>10:00 AM</b> <b>Coach Phil</b> Boxing	<b>10:00 AM</b> <b>Coach Phil</b> Boxing	<b>11:00 AM</b> <b>Coach Abdul</b> Kickboxing
			<b>4:30 PM</b> <b>Coach Abdul</b> Kickboxing			
<b>6:00 PM</b> <b>Coach Cam</b> Boxing <b>Coach Mike</b> Competition BJJ Gi <b>Coach Dan / Derek</b> Wrestling <b>Coach Abdul</b> Kickboxing	<b>6:00 PM</b> <b>Coach Ron</b> Boxing <b>Coach Mike</b> Adult No Gi Jiu-Jitsu <b>Coach Jojo</b> Judo	<b>6:00 PM</b> <b>Coach Cam</b> Boxing <b>Coach Mike</b> Competition BJJ Gi <b>Coach Dan / Derek</b> Wrestling	<b>6:00 PM</b> <b>Coach Ron</b> Boxing <b>Coach Mike</b> Adult No Gi Jiu-Jitsu <b>Coach Sasha</b> Shotokan Karate	<b>6:00 PM</b> <b>Coach Abdul</b> Kickboxing <b>Coach Mike</b> Competition BJJ Gi <b>Coach Dan / Derek</b> Wrestling	<b>11:00 AM</b> <b>Coach Abdul</b> Kickboxing <b>12:00 PM</b> <b>Coach Sasha</b> Shotokan Karate	
<b>7:00 PM</b> <b>Coach Chris</b> Jiu-Jitsu	<b>7:00 PM</b> <b>Coach Mike</b> Adult Beginner Kickboxing <b>Coach Aaron</b> Open Mat Wrestling <b>7:30 PM</b> <b>Coach Chris</b> Adult No Gi Jiu-Jitsu	<b>7:00 PM</b> <b>Coach Chris</b> Jiu-Jitsu	<b>7:00 PM</b> <b>Coach Mike</b> Adult Beginner Kickboxing <b>Coach Aaron</b> Open Mat Wrestling	<b>7:00 PM</b> <b>Coach Chris</b> Jiu-Jitsu <b>Coach</b> Sparring		
<b>8:00 PM</b> <b>Coach Mike</b> Advanced MMA (Invite Only)	<b>8:00 PM</b> <b>Coach Mike</b> Beginner Kickboxing Sparring	<b>8:00 PM</b> <b>Coach Mike</b> Advanced MMA (Invite Only)	<b>8:00 PM</b> <b>Coach Mike</b> Beginner Kickboxing Sparring			

## Cardio Kickboxing

### All Classes Monday through Friday

<b>5:30 AM</b> <b>Coach Connor</b>	<b>10:00 AM</b> <b>Coach Connor</b>	<b>3:30 PM</b> <b>Coach Mark</b>	<b>5:00 PM</b> <b>Coach Mark</b>
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