



# Fitness Quest MMA



## Kids

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00 PM</b> Coach Stephen Jiu-Jitsu Coach Sasha Boxing ages 6+	<b>5:00 PM</b> Coach Cass Kids MMA	<b>5:00 PM</b> Coach Stephen Jiu-Jitsu Coach Sasha Boxing ages 6+	<b>5:00 PM</b> Coach Cass Kids MMA	<b>5:00 PM</b> Coach Stephen Jiu-Jitsu	<b>11:00 AM</b> Coach J Kickboxing <b>12:00 PM</b> Coach Sasha Shotokan Karate Ages 8+	<b>11:00 AM</b> Coach J Kickboxing
<b>6:00 PM</b> Coach J / Abdul Kickboxing	<b>6:00 PM</b> Coach Jojo Judo Coach Justin / JJ Wrestling	<b>6:00 PM</b> Coach J / Abdul Kickboxing	<b>6:00 PM</b> Coach Sasha Shotokan Karate Ages 8+ Coach Justin / JJ Wrestling	<b>6:00 PM</b> Coach J / Abdul Kickboxing	<b>1:00 PM</b> Kids Fitness	<b>1:00 PM</b> Kids Fitness

## All Levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>10:00 AM</b> Coach Phil Boxing	<b>10:00 AM</b> Coach Phil Boxing	<b>10:00 AM</b> Coach Phil Boxing	<b>10:00 AM</b> Coach Phil Boxing	<b>10:00 AM</b> Coach Phil Boxing	<b>10:00 AM</b> Coach Phil Boxing	
<b>6:00 PM</b> Coach Cam Boxing	<b>5:00 PM</b> Coach Mike Adult No Gi Jiu-Jitsu	<b>6:00 PM</b> Coach Cam Boxing	<b>5:00 PM</b> Coach Mike Adult No Gi Jiu-Jitsu	<b>6:00 PM</b> Coach Abdul Kickboxing	<b>11:00 AM</b> Coach Abdul Kickboxing	<b>11:00 AM</b> Coach Malique Kickboxing
<b>Coach Mike</b> Competition BJJ Gi	<b>6:00 PM</b> Coach Ron Boxing	<b>Coach Mike</b> Competition BJJ Gi	<b>6:00 PM</b> Coach Ron Boxing	<b>Coach Mike</b> Competition BJJ Gi	<b>12:00 PM</b>	
<b>Coach Glenn / Matt</b> Wrestling	<b>Coach Jojo</b> Judo	<b>Coach Glenn / Matt</b> Wrestling	<b>Coach Sasha</b> Shotokan Karate	<b>Coach Glenn / Matt</b> Wrestling	<b>Coach Sasha</b> Shotokan Karate	
<b>Coach Abdul</b> Kickboxing		<b>Coach Abdul</b> Kickboxing				
<b>7:00 PM</b> Coach Chris Jiu-Jitsu	<b>7:00 PM</b> Coach Mike Adult Beginner Kickboxing	<b>7:00 PM</b> Coach Chris Jiu-Jitsu	<b>7:00 PM</b> Coach Mike Adult Beginner Kickboxing	<b>7:00 PM</b> Coach Chris Jiu-Jitsu		
<b>Coach JJ</b> MMA Wrestling	<b>Coach Aaron</b> Open Mat Wrestling	<b>Coach JJ</b> MMA Wrestling	<b>Coach Aaron</b> Open Mat Wrestling	<b>SPARRING</b>		
	<b>7:30 PM</b> Coach Chris Adult No Gi Jiu-Jitsu					
<b>8:00 PM</b> Coach Mike Advanced MMA (Invite Only)	<b>8:00 PM</b> Coach Mike Beginner Kickboxing Sparing	<b>8:00 PM</b> Coach Mike Advanced MMA (Invite Only)	<b>8:00 PM</b> Coach Mike Beginner Kickboxing Sparing			

## Cardio Kickboxing

### Monday - Friday

Coach Abdul 5:30 AM	Coach Malique 10:00 AM	Coach Malique 3:30 PM	Coach Malique 5:00 PM
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### Muay Thai + Kickboxing Fitness w/ Coach Shay

#### Tuesday / Wednesday / Thursday

5:30 AM	5:30 AM	5:30 AM
		5:00 PM