

Fitness Quest MMA



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

All Levels

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

Cardio Kickboxing

Monday - Friday

 Coach Abdul
 Coach Malique
 Coach Malique
 Coach Malique
 Coach Malique

 5:30 AM
 10:00 AM
 3:30 PM
 5:00 PM

Muay Thai + Kickboxing Fitness w/ Coach Shay

Tuesday / Wednesday / Thursday

5:30 AM 5:30 AM 5:30 AM

5:00 PM