

# MARTIAL ARTS

## SPRING 2023 CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BOXING</b> 12:00-1:00PM, BLUE ROOM, (RAUL)	<b>BOXING WORKOUT</b> 7:00-7:45AM, BLUE ROOM, (RAUL)	<b>BOXING WORKOUT</b> 7:00-7:45AM, BLUE ROOM, (RAUL)	<b>KICKBOXING - SANDA</b> 12:00-1:00PM, BLUE ROOM, (RAUL)	<b>HAPKIDO</b> 1:00-2:30PM, BLUE ROOM, (ANSA)	<b>OPEN MAT</b> 2:00-4:00PM, BLUE ROOM
<b>OPEN MAT</b> 1:00-3:00PM, BLUE ROOM	<b>KICKBOXING WORKOUT</b> 8:00-8:45AM, BLUE ROOM, (RAUL)	<b>KICKBOXING WORKOUT</b> 8:00-8:45AM, BLUE ROOM, (RAUL)	<b>OPEN MAT</b> 1:00-3:00PM, BLUE ROOM	<b>MMA STRIKING</b> 1:00-2:00PM, BLUE ROOM, (GEORGE)	
<b>KICKBOXING - MUAY THAI</b> 3:00-4:00PM, BLUE ROOM, (PAUL)	<b>OPEN MAT</b> 1:00-3:00PM, BLUE ROOM	<b>OPEN MAT</b> 1:00-3:00PM, BLUE ROOM	<b>BOXING</b> 4:00-5:00PM, GOLD ROOM, (PAT)	<b>OPEN MAT</b> 1:00-3:00PM, BLUE ROOM	
<b>MIXED MARTIAL ARTS</b> 4:00-5:00PM, BLUE ROOM, (RAUL)	<b>BOXING</b> 4:00-5:00PM, GOLD ROOM, (PAT)	<b>KICKBOXING - MUAY THAI</b> 3:00-4:00PM, BLUE ROOM, (PAUL)	<b>MIXED MARTIAL ARTS</b> 5:00-6:00PM, BLUE ROOM, (PAT)	<b>APPLIED MARTIAL ARTS</b> 2:00-3:00PM, BLUE ROOM, (PAUL)	
<b>SUBMISSION WRESTLING</b> 5:00-6:00PM, BLUE ROOM, (RAUL)	<b>MIXED MARTIAL ARTS</b> 5:00-6:00PM, BLUE ROOM, (PAT)	<b>SILAT</b> 4:00-5:00PM, BLUE ROOM, (JANEL)	<b>BRAZILIAN JIU-JITSU</b> 6:00-7:00PM, BLUE ROOM, (PAT)	<b>JUDO</b> 3:00-4:30PM, BLUE ROOM, (KENJI)	
<b>KICKBOXING - SAVATE</b> 5:30-6:30PM, GOLD ROOM, (CRYSTAL)	<b>BRAZILIAN JIU-JITSU</b> 6:00-7:00PM, BLUE ROOM, (PAT)	<b>KALI - PEKITI TIRSIA</b> 5:00-6:00PM, BLUE ROOM, (JANEL)			
<b>KICKBOXING - SANDA</b> 6:00-7:00PM, BLUE ROOM, (RAUL)		<b>BRUIN SELF DEFENSE</b> 5:15-6:45PM, YATES, (VINCENT)			
<b>BOXING</b> 6:30-7:30PM, GOLD ROOM, (VINCENT)		<b>KICKBOXING - JEET KUNE DO</b> 6:30-7:30PM, GOLD ROOM, (VINCENT)			
<b>KALI - INOSANTO</b> 7:30-8:30PM, GOLD ROOM, (VINCENT)		<b>DANZAN RYU JIU-JITSU</b> 7:00-8:15PM, BLUE ROOM, (HILLARY)			
<b>TAEKWONDO</b> 7:15-8:30PM, BLUE ROOM, (JUN)		<b>BOXING</b> 7:30-8:30PM, GOLD ROOM, (VINCENT)			

### MARTIAL ARTS PASS ONLY \$99

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