

**[561] 814-5541**

**6240 S. Congress Ave, STE G1  
Lantana, FL 33462**

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

06:00am  
12:00pm  
01:00pm  
05:30pm  
  
06:30pm  
  
07:30pm  
08:30pm

Jiu-Jitsu, NoGi [AL]  
Muay Thai [AL]  
Jiu-Jitsu, Gi [AL]  
Kickboxing [Fund],  
Kids Jiu-Jitsu [Gi]  
Kickboxing [Adv],  
Jiu-Jitsu, Gi [Fund]  
Jiu-Jitsu, NoGi [Adv]  
MMA [AL]

12:00pm  
01:00pm  
05:30pm  
  
06:30pm  
07:30pm  
  
08:30pm

Boxing [AL]  
Jiu-Jitsu, NoGi [AL]  
Cardio Kickboxing,  
Kids Kickboxing  
Muay Thai [Adv]  
Jiu-Jitsu, Gi [Adv],  
Muay Thai [Fund]  
Wrestling [AL]

06:00am  
12:00pm  
01:00pm  
05:30pm  
  
06:30pm  
  
07:30pm  
08:30pm

Jiu-Jitsu, Gi [AL]  
Muay Thai [AL]  
Jiu-Jitsu, Gi [AL]  
Kickboxing [Fund],  
Kids Jiu-Jitsu [Gi]  
Kickboxing [Adv],  
Jiu-Jitsu, Gi [Fund]  
Jiu-Jitsu, NoGi [Adv]  
MMA [AL]

12:00pm  
01:00pm  
05:30pm  
  
06:30pm  
07:30pm  
  
08:30pm

Boxing [AL]  
Jiu-Jitsu, NoGi [AL]  
Cardio Kickboxing,  
Kids Kickboxing  
Muay Thai [AL]  
Jiu-Jitsu, Gi [Adv],  
Muay Thai [Fund]  
Wrestling [AL]

*Friday*

*Saturday*

*Sunday*

06:00am  
12:00pm  
01:00pm  
05:30pm  
  
06:00pm  
06:30pm  
07:00pm

Jiu-Jitsu, Gi [AL]  
Boxing [AL]  
Wrestling [AL],  
Kids Jiu-Jitsu [Gi],  
MMA Fitness  
Kickboxing [AL],  
Jiu-Jitsu, NoGi [Fund]  
Padwork [AL]

10:00am  
11:00am  
12:00pm

MMA [AL]  
Sparring [Adv]  
Open Mat [AL]

CLOSED



*Fund* = Fundamental  
*Adv* = Advanced  
*AL* = All Skill Levels

*Gi* = Jiu-Jitsu Uniform, required for this class  
*NoGi* = No Jiu-Jitsu Gi is required for this class