

**[561] 814-5541**

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

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

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

Kickboxing  
Jiu-Jitsu, Gi  
Kids Jiu-Jitsu, Gi,  
Juniors Jiu-Jitsu, Gi  
Kickboxing [Fund]  
Kickboxing,  
Jiu-Jitsu, Gi  
Jiu-Jitsu, NoGi  
MMA

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

Boxing  
Jiu-Jitsu, NoGi  
Kids Kickboxing,  
Juniors Kickboxing,  
Cardio Kickboxing  
Boxing,  
Jiu-Jitsu, Gi  
Kickboxing  
Wrestling

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

Kickboxing  
Jiu-Jitsu, Gi  
Kids Jiu-Jitsu, Gi,  
Juniors Jiu-Jitsu, Gi  
Kickboxing [Fund]  
Kickboxing,  
Jiu-Jitsu, Gi  
Jiu-Jitsu, NoGi  
MMA Sparring

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

Boxing  
Jiu-Jitsu, NoGi  
Kids Kickboxing,  
Juniors Kickboxing,  
Cardio Kickboxing  
Boxing,  
Jiu-Jitsu, Gi  
Kickboxing Sparring  
MMA Wrestling

*Friday*

*Saturday*

*Sunday*

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

Boxing  
Jiu-Jitsu, Gi  
Kids Jiu-Jitsu, NoGi,  
Juniors Jiu-Jitsu, NoGi  
MMA Fitness  
Kickboxing  
Jiu-Jitsu, NoGi  
MMA

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

MMA Fundamentals  
Open Sparring [Adv]  
Open Mat, BJJ / NoGi

CLOSED

**NOTE:**

**All Level & Fitness / Cardio classes are NO CONTACT classes. Sparring [full-contact striking] is done in Advanced and / or competition classes, only.**



**Kids** = Ages 6 - 10 yrs  
**Juniors** = Ages 11 - 14 yrs  
**Adv** = Advanced

**AL** = All Skill Levels  
**Gi** = Jiu-Jitsu Uniform. A Gi is required in this class  
**NoGi** = No Jiu-Jitsu Gi is used in this class