

MON	TUES	WED	THURS	FRI	SAT	SUN
Co-Ed Muay Thai 6:30-7:15am	CLOSED	Boxing (All Levels) 6:30-7:15am	CLOSED	Co-Ed Muay Thai Freestyle pads/ Sparring 6:30-7:15am	Co-Ed Muay Thai 9:00-10:00am	CLOSED
CLOSED		CLOSED		CLOSED		
Co-Ed Muay Thai 11am-12:30pm	Co-Ed Muay Thai 11am-12pm	Boxing 11am-12pm	Muay Thai Conditioning 11am-12pm	Co-Ed Muay Thai Freestyle pads  11am-12:30pm	Women's Only FIT Camp 10:15-11:00pm	
	Strength & Conditioning (Circuit Training) 12-1245	Adult Sparring 12-12:45pm	Strength & Conditioning (Technical Lift) 12-1245		Family Muay Thai (kids & adults) 11:00am-12:00pm	
CLOSED					*Kids Muay Thai* Sparring 12-1245	
	Little Ninjas Kids Muay Thai 5:00-5:30pm		Little Ninjas Kids Muay Thai 5:00-5:30pm		Family Brazilian Jiu Jitsu (Kids & Adults) 12-1245pm	
Women's Only Muay Thai  5:15-6:15pm	Junior & Senior Strikers Kids Muay Thai 5:30-6:15pm	Women's Only Muay Thai  5:15-6:15pm	Junior & Senior Strikers Kids Muay Thai 5:30-6:15pm	Women's Only Muay Thai & Sparring  5:15-6:15pm	*Adult Muay thai Sparring* 1245-230pm	
	1. Fight FIT Running (Sprinting)		1. Fight FIT Running (Distance run)			
	2. Beginner Muay Thai 615-700pm		2. Beginner Muay Thai 615-700pm			
Strength & Conditioning (Technical Lift) 6:15-7:00pm	Thai Technique  7:00-8:00pm	Kids Brazilian Jiu Jitsu  6:15-7:00pm	Muay Thai Conditioning  7:00-8:00pm	Strength & Conditioning (Circuit Training) 6:15-7:00pm	CLOSED	
Thai Technique 7:00-8:00pm	*Thai Advanced*  8:00pm-8:30pm	Boxing (All Levels) 7:00-8:00pm	*Thai Advanced*	Co-Ed Muay Thai Freestyle pads 7:00-8:00pm		
Adult Brazilian Jiu Jitsu (NOGI) 8:00-9:00pm		*Muay Thai Clinch Sparring*  8:00-9:00pm	8:00pm-8:30pm	Adult Brazilian Jiu Jitsu (GI) 8:00-9:00pm		
*Advanced Boxing*  8:00-9:30pm	Women's Only FIT Camp 8:30-9:15pm		Women's Only FIT Camp 8:30-9:15pm	*Advanced Muay Thai *		

	Muay Thai Program
	Brazilian Jiu Jitsu
	Kids Program
	Women's Only
	Beginner Classes
*	Advanced Training *invite only*
	Two classes at same time slot
	Boxing Program
	Family Class (kids/adults)

NOTE:

Fifth Round's Fitness and Weight facility is open to use during ANY scheduled class time.

NOTE:

Competition team training classes outline in red boxes required sparring gear and you must be Invited

