



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
5:00-6:00 KIDS MARTIAL ARTS Brit	5:00-6:00 OPEN MAT	5:00-6:00 KIDS MARTIAL ARTS Brit	10:00 am- 11:00am CARDIO KICKBOXING Scot	10:00AM-11:00A CARDIO KICKBOXING Scot	10:00AM- 11:00AM OPEN MAT	10:00AM- 10:45AM CARDIO CIRCUIT Scot
6:00-7:00 CARDIO KICKBOXING Eric	6:00-7:00 LIFT AND TONE Eric	5:00-6:00 MMA/SPARRING	11:00AM - NOON CARDIO CIRCUIT Scot	11:00 - NOON CARDIO CIRCUIT Scot	11:00AM- 1:30PM SPARRING	11:00AM- 11:45AM CARDIO CIRCUIT Scot
6:00-7:00 MMA/SPARRING	6:00-7:00 JIU JITSU (GI) Kevin	6:00-7:00 BOXING FOR FITNESS Rob	5:00-6:00 KIDS MMA Brit	5:00-6:00 MMA/SPARRING		
7:00-8:30 MUAY THAI Bill	7:00-8:30 JIU JITSU (NO GI) Kevin	7:00-8:30 Boxing FIGHTERS CLASS Rob	6:00-7:00 CARDIO CIRCUIT Scot	6:00-7:00 MUAY THAI Scot		
			6:00-7:00 JIU JITSU (GI) Kevin	7:00-8:00 OPEN MAT		
			7:00-8:30 JIU JITSU (NO GI) Kevin			

Drive Mixed Martial Arts

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Rivers Edge Sports Complex

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