

Date	Sun16	Mon17	Tue18	Wed19	Thu20	Fri21	Sat22
Time slot	16:30	06:15	06:15	06:15	06:15	06:15	08:00
Class	Muay Thai	Boxing Bootcamp	Kickboxing Bootcamp	Boxing Bootcamp	Kickboxing Bootcamp	Boxing Bootcamp	HIIT Boxing
Coach	Daison Reich	Aileen Rossouw	Aileen Rossouw	Aileen Rossouw	Aileen Rossouw	Aileen Rossouw	Aileen Rossouw
Duration	1 hr 30 min	45 min	45 min	45 min	45 min	45 min	45 min
Availability	Registration closed	Registration closed	Registration closed	5 spots left	7 spots left	5 spots left	6 spots left
Time slot		12:30	12:30	17:30	12:30	17:30	09:00
Class		Submission Wrestling	Submission Wrestling	Youth Boxing	Submission Wrestling	Kickboxing Bootcamp	Muay Thai
Coach		Josh Clausen	Josh Clausen	Sean Reynolds	Josh Clausen	Aileen Rossouw	Aileen Rossouw
Duration		1 hr 30 min	1 hr 15 min	45 min	1 hr 15 min	1 hr	1 hr
Availability		Registration closed	Registration closed	14 spots left	5 spots left	6 spots left	4 spots left
Time slot		17:30	17:30	17:30	17:30	17:30	10:00
Class		Youth Boxing	Youth Boxing	Advanced Youth Jiu Jitsu	Youth Muay Thai	Open Mat Grappling	Youth Muay Thai
Coach		Sean Reynolds	Sean Reynolds	Scott Johnson	Sage Battle	Scott Johnson	Daison Reich
Duration		45 min	45 min	1 hr	1 hr	1 hr	1 hr
Availability		Registration closed	Registration closed	20 spots left	8 spots left	50 spots left	8 spots left
Time slot		17:30	17:30	17:30	17:30	18:30	12:00
Class		Advanced Youth Jiu Jitsu	MMA Coached Sparring	Brazilian JiuJitsu	MMA Coached Sparring	MMA Skills and Sparring	MMA Skills and Sparring

Coach		Scott Johnson	Gavin Lefever	Scott Johnson	Gavin Lefever	Gavin Lefever	Jon Hughes
Duration		1 hr	1 hr 15 min	1 hr 30 min	1 hr 15 min	1 hr	1 hr 30 min
Availability		Registration closed	Registration closed	6 spots left	25 spots left	8 spots left	8 spots left
Time slot		17:30	18:30	18:30	18:30		
Class		Brazilian JiuJitsu	Kickboxing Bootcamp	Boxing Bootcamp	Boxing Bootcamp		
Coach		Scott Johnson	Sean Reynolds	Sean Reynolds	Molly Boothe		
Duration		1 hr 30 min	45 min	45 min	45 min		
Availability		Registration closed	Registration closed	5 spots left	5 spots left		
Time slot		18:30	18:30	19:00	18:30		
Class		Boxing Bootcamp	Youth Brazilian Jiu Jitsu	Muay Thai	Kickboxing Bootcamp		
Coach		Sean Reynolds	Daniel Myung	Johnny Keokongsy	Molly Boothe		
Duration		45 min	1 hr	1 hr 30 min	45 min		
Availability		Registration closed	Registration closed	2 spots left	7 spots left		
Time slot		19:00	19:00	19:30	18:30		
Class		Muay Thai	Submission Wrestling	Boxing Technique	Youth Brazilian Jiu Jitsu		
Coach		Johnny Keokongsy	Scott Johnson	Sean Reynolds	Daniel Myung		
Duration		1 hr 30 min	1 hr 30 min	45 min	1 hr		

Availability		Registration closed	Registration closed	6 spots left	19 spots left		
Time slot		19:30	19:30		19:00		
Class		Boxing Technique	Boxing Technique		Submission Wrestling		
Coach		Sean Reynolds	Sean Reynolds		Scott Johnson		
Duration		45 min	45 min		1 hr 30 min		
Availability		Registration closed	Registration closed		5 spots left		
Time slot					19:30		
Class					Boxing Technique		
Coach					Molly Boothe		
Duration					45 min		
Availability					6 spots left		
Time slot							
Class							
Coach							
Duration							
Availability							