

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00AM	BOXING & BURN W/PETER	BOXING & BURN W/ANTHONY	BOXING & BURN W/PETER	BOXING & BURN W/ANTHONY	BOXING & BURN W/PETER	NO CLASSES	
7:00AM	KICKBOXING FUNDAMENTALS W/PETER	BRAZILIAN JIU JITSU 101 W/PARIS	KICKBOXING FUNDAMENTALS W/PETER	BRAZILIAN JIU JITSU 101 W/PARIS	KICKBOXING FUNDAMENTALS W/PETER	NO CLASSES	
8:00AM	NO CLASSES SCHEDULED						
9:00AM	NO CLASSES SCHEDULED	KICKBOXING W/EDDIE CHA STARTS 7/16	NO CLASSES SCHEDULED	KICKBOXING W/EDDIE CHA STARTS 7/16	NO CLASSES SCHEDULED	NO CLASSES	
10:00AM		NO CLASSES SCHEDULED		NO CLASSES SCHEDULED		NO CLASSES SCHEDULED	PARAGON STRIKING W/RANDY
11:00AM		NO CLASSES SCHEDULED		NO CLASSES SCHEDULED		NO CLASSES SCHEDULED	SPARRING/ DRILLING W/RANDY 11AM-12PM + BRAZILIAN JIU JITSU W/PARIS 11AM-12:30PM
12:00PM	PARAGON STRIKING W/RANDY + BRAZILIAN JIU JITSU W/PARIS	PARAGON STRIKING W/RANDY + BRAZILIAN JIU JITSU W/PARIS	PARAGON STRIKING W/RANDY + BRAZILIAN JIU JITSU W/PARIS	PARAGON STRIKING W/RANDY + BRAZILIAN JIU JITSU W/PARIS	PARAGON STRIKING W/RANDY + BRAZILIAN JIU JITSU W/PARIS	NO CLASSES 12:30-1PM	
1:00PM	NO CLASSES SCHEDULED						
2:00PM							
3:00PM							
4:00PM							
5:00PM	INTRO PARAGON STRIKING W/RANDY & AN	INTRO PARAGON STRIKING W/RANDY & AN	INTRO PARAGON STRIKING W/RANDY & AN	INTRO PARAGON STRIKING W/RANDY & AN	INTRO PARAGON STRIKING W/RANDY & AN	NO CLASSES SCHEDULED	
6:00PM	CARDIO KICKBOXING W/JOHN + BRAZILIAN JIU JITSU 101 W/PARIS + PARAGON STRIKING W/RANDY	CARDIO KICKBOXING W/RANDY + STRENGTH & CONDITIONING W/PETER + PARAGON MUAY THAI W/JOHN	CARDIO KICKBOXING W/JOHN + BRAZILIAN JIU JITSU 101 W/PARIS + PARAGON STRIKING W/RANDY	CARDIO KICKBOXING W/RANDY + STRENGTH & CONDITIONING W/PETER + PARAGON MUAY THAI W/JOHN	PARAGON STRIKING W/JOHN	NO CLASSES SCHEDULED	
7:00PM	NO-GI W/RANDY & PETER + BRAZILIAN JIU JITSU W/PARIS	BRAZILIAN JIU JITSU W/PARIS + ADULT WRESTLING W/JARED	NO-GI W/RANDY & PETER	BRAZILIAN JIU JITSU W/PARIS + ADULT WRESTLING W/JARED	COMPETITION STRIKING W/JOHN LONG (INVITE ONLY) 7:15PM	NO CLASSES SCHEDULED	
8:00PM	COMPETITION STRIKING W/JOHN LONG (INVITE ONLY) 8:15PM	COMPETITION STRIKING W/JOHN LONG (INVITE ONLY) 8:15PM	COMPETITION STRIKING W/JOHN LONG (INVITE ONLY) 8:15PM	COMPETITION STRIKING W/JOHN LONG (INVITE ONLY) 8:15PM	NO CLASSES SCHEDULED	NO CLASSES SCHEDULED	
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