

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30AM GYM 2 Rise & Shine Kickboxing (Minimum 1 Month Training Required)	6:30-7:30AM GYM 1 Combat Conditioning	6:30-7:30AM GYM 2 Rise & Shine Kickboxing (Minimum 1 Month Training Required)	6:30-7:30AM GYM 1 Combat Conditioning	6:30-7:30AM GYM 2 Rise & Shine Kickboxing (Minimum 1 Month Training Required)	9:00-9:45AM GYM 2 Children's Jujitsu (4-14 years old)
COMING SOON	9:00-10:00AM GYM 2 Kickboxing (Minimum 1 Month Training Required)	COMING SOON	9:00-10:00AM GYM 2 Kickboxing (Minimum 1 Month Training Required)	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	9:00-10:00AM GYM 3b Women's Only Jujitsu
10:30-11:30AM GYM 2 Kickboxing (Minimum 1 Month Training Required)	COMING SOON	10:30-11:30AM GYM 2 Kickboxing (Minimum 1 Month Training Required)	COMING SOON	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	NEW 9:45-10:45AM GYM 3a Youth Boxing (5-14 years old)
12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	10:00-11:00AM VIP/INTRO ROOM Yoga	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	10:00-11:00AM VIP/INTRO ROOM Yoga	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	10:00-11:30AM GYM 2 Jujitsu (Minimum 3 Month Training Required)
12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	12:00-1:00PM GYM 3a Muay Thai Sparring	10:00-11:00AM GYM 1 Combat Conditioning
12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	12:00-1:30PM GYM 3b Nogi Jujitsu	11:15-12:15AM GYM 1 Combat Conditioning
12:00-1:00PM GYM 3a Muay Thai Sparring	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:00-1:00PM GYM 3a Muay Thai Sparring	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:30-1:30PM GYM 1 Combat Conditioning	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing
12:00-1:30PM GYM 3b Jujitsu	12:00-1:30PM GYM 3b Nogi Jujitsu	12:00-1:30PM GYM 3b Jujitsu	NEW 12:30-1:30PM GYM 1 Combat Conditioning	4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing
12:30-1:30PM GYM 1 Combat Conditioning	12:30-1:30PM GYM 1 Combat Conditioning	12:30-1:30PM GYM 1 Combat Conditioning	NEW 1:30-2:30PM GYM 3a Boxing	4:30-5:15PM GYM 2 Children's Wrestling (5-14 years old)	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing
COMING SOON	NEW 1:30-2:30PM GYM 3a Boxing	COMING SOON	VIP/INTRO ROOM Yoga	NEW 4:30-5:15PM GYM 3a Children's Kickboxing (5-14 years old)	12:00-1:00PM GYM 3b Muay Thai Sparring
1:30-2:30PM VIP/INTRO ROOM Yoga	4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	1:30-2:30PM VIP/INTRO ROOM Yoga	4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	5:30-6:30PM GYM 1 Combat Conditioning	NEW 12:00-1:00PM GYM 3a Beginner Boxing
4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	4:30-5:15PM GYM 2a Children's Jujitsu (4-6 years old)	4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	4:30-5:15PM GYM 2a Children's Kickboxing (4-6 years old)	5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	NEW 1:00-2:00PM GYM 1 Int-Adv Boxing
4:30-5:15PM GYM 2a Children's Kickboxing (4-6 years old)	4:30-5:15PM GYM 2b Children's Jujitsu (7-9 years old)	4:30-5:15PM GYM 2a Children's Kickboxing (4-6 years old)	4:30-5:15PM GYM 2b Children's Jujitsu (7-9 years old)	5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	1:15-2:00PM GYM 3a Box10
4:30-5:15PM GYM 2b Children's Kickboxing (7-9 years old)	4:30-5:15PM GYM 2c Children's Jujitsu (10-14 years old)	4:30-5:15PM GYM 2b Children's Kickboxing (7-9 years old)	4:30-5:15PM GYM 2c Children's Jujitsu (10-14 years old)	5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	NEW 12:00-1:00AM GYM 2 Muay Thai Kickboxing (Minimum 1 Month Training Required)
4:30-5:15PM GYM 3a Children's Kickboxing (10-14 years old)	NEW 4:15-5:15PM GYM 3a Youth Boxing (5-14 years old)	4:30-5:15PM GYM 3a Children's Kickboxing (10-14 years old)	NEW 4:15-5:15PM GYM 3a Youth Boxing (5-14 years old)	6:00-7:00PM GYM 3a Beginner Boxing	COMING SOON
5:30-6:30PM GYM 1 Combat Conditioning	5:30-6:30PM GYM 1 Combat Conditioning	5:30-6:30PM GYM 1 Combat Conditioning	5:30-6:30PM GYM 1 Combat Conditioning	6:00-7:30PM GYM 3b Jujitsu	NEW 11:15-12:00PM GYM 3a Box10
NEW 5:45-6:45PM GYM 3a Boxing with Manny	5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	NEW 5:45-6:45PM GYM 3a Muay Thai Kickboxing Co-Ed (Minimum 1 Month Training Required)	5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	NEW 12:00-1:00AM GYM 2 Muay Thai Kickboxing (Minimum 1 Month Training Required)
5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	COMING SOON
5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:30-1:15PM GYM 3a Box10
5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	5:45-6:45PM GYM 3a Muay Thai Kickboxing Co-Ed (Minimum 1 Month Training Required)	5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	5:45-6:45PM GYM 3a Muay Thai Kickboxing Co-Ed (Minimum 1 Month Training Required)	7:00-8:00PM GYM 3a Muay Thai Sparring	† Conditioning classes are limited to 20 people per class. Missed reservations will incur a \$15 penalty. Cancellations must be made 24hrs in advance.
NEW 6:00-7:00PM GYM 3b Beginner / Introductory Jujitsu	NEW 6:00-7:00PM GYM 3b Beginner / Introductory Jujitsu	NEW 6:00-7:00PM GYM 3b Beginner / Introductory Jujitsu	NEW 6:00-7:00PM GYM 3b Beginner / Introductory Jujitsu	7:00-8:00PM GYM 1 Int-Adv Boxing	
7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	NEW 7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	NEW 7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing		
7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing		
7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing		
7:00-8:00PM GYM 3a Muay Thai Sparring	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing		
7:00-8:00PM GYM 1a Introductory Boxing	7:00-8:00PM GYM 3a Boxing	7:00-8:00PM GYM 3a Muay Thai Sparring	7:00-8:00PM GYM 3a Muay Thai Sparring		
7:00-8:00PM GYM 1b Boxing with Manny	7:00-8:30PM GYM 3b Int-Adv Nogi Jujitsu	7:00-8:00PM GYM 1a Introductory Boxing	7:00-8:00PM GYM 1a Introductory Boxing		
7:00-8:30PM GYM 3b Int-Adv Jujitsu	NEW 8:00-9:00PM GYM 3a Boxing Sparring	7:00-8:00PM GYM 1b Beginner Boxing	7:00-8:00PM GYM 1b Beginner Boxing		
		7:00-8:30PM GYM 3b Jujitsu	NEW 8:00-9:00PM GYM 3a Boxing Sparring		

*** PLEASE NOTE ***
 DUE TO GOVERNMENT MANDATE ALL ADULT CLASSES ARE TEMPORARILY SUSPENDED
YOUTH CLASSES AND PRIVATE SESSIONS ONLY
 For more information email us at: info@diazcombatssports.com