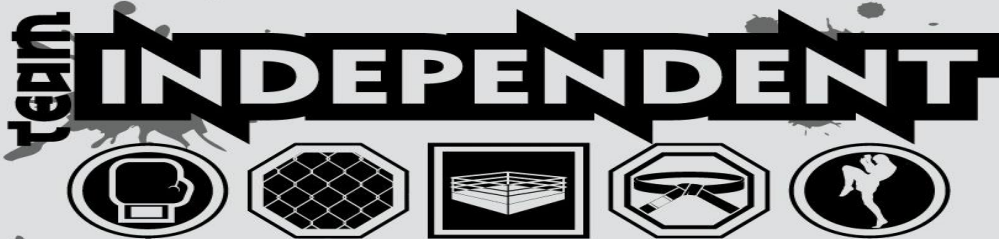


# Independent Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Cardio Boxing		Cardio Boxing		Cardio Boxing	
8:30 AM	Athletics Program	Athletics Program	Athletics Program	Athletics Program	Athletics Program	
9:00 AM	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing		Athletics Program
10:00 AM						Cardio Kickboxing / Kids Boxing / Kids No Gi BJJ
11:00 AM	No Gi BJJ	MMA Level I	Gi BJJ	MMA Level I	No Gi BJJ	Adult Boxing
11:30 AM						Adult BJJ
12:00 PM						Muay Thai
1:00 PM						
5:00 PM	Kids Muay Thai / Athletics Program	Kids BJJ 5-8yr / Athletics Program	Kids Muay Thai / Athletics Program	Kids BJJ 5-8yr / Athletics Program		
5:30 PM		Muay Thai		Muay Thai		
6:00 PM	Cardio Kickboxing/ Kids Boxing	Cardio Boxing / Kids BJJ 9-13yr	Cardio Kickboxing/ Kids Boxing	Cardio Boxing / Kids BJJ 9-13yr	Cardio Boxing / JUDD	
6:15 PM	Beginner BJJ / Athletics Program	Athletics Program	Beginner BJJ / Athletics Program	Athletics Program		
6:30 PM		MMA Level I		MMA Level I		
7:00 PM	Adult Boxing		Adult Boxing			
7:30 PM		Adult BJJ		Adult BJJ		
8:00 PM	MMA Level 2		MMA Level 2			
8:30 PM		BJJ Comp. Team		BJJ Comp. Team		



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Black= Cardio Kickboxing  
 Red = Cardio Boxing  
 Gold = Adult Boxing  
 Grey = MMA

Purple = Muay Thai  
 Green = Brazilian Jiu Jitsu  
 Blue = Athletics Program  
 Pink = Kids Classes