

COMBAT FITNESS-RAPACON'S MARTIAL ARTS

Class Schedule

Monday & Wednesday 9:00 am to 12:30 pm, 4:45 to 8:45 pm

CLASS	TIME	LOCATION
Asylum Workout	9:15AM	Main Room
Kick Boxing	9:45AM	Main Room
Fighter Circuit	12:00PM	Asylum
Mini Maniac Kick Boxing-Chris	5:00PM	Main Room
Boxing	5:15PM	Main Room
Kajukenbo Youth & Teens	6:00PM	Asylum
Asylum Workout	6:15PM	Asylum
Beg. Submission Grappling (Monday)	6:45PM	Main Room
Beg. MMA (Wednesday)		
Kajukenbo Adults	7:00PM	Asylum
Beg. MMA (Monday)	8:00PM	Main Room
Beg. Submission Grappling (Wednesday)		
CrossPit-Chris	8:00PM	Main Room

Tuesday & Thursday 9:00 am to 12:30 pm, 3:30 pm to 8:30 pm

CLASS	TIME	LOCATION
K.O Kardio	9:30AM	Main Room
Kick Boxing-Chris	11:30AM	Main Room
Kajukenbo Kids	4:00PM	Main Room
Mini Maniac MMA Training-Chris	5:00PM	Asylum
Kick Boxing	5:30PM	Main Room
Adv. Submission Grappling (Tuesday)	6:30PM	Asylum
Adv. MMA (Thursday)		
CrossPit-Professor	6:30PM	Main Room
Boxing-Brian (Thursday)	6:30PM	Main Room
Adv. MMA (Tuesday)	7:30PM	Main Room
Wrestling & Clinching (Thursday)		
Muay Thai Kickboxing-Troy (Shin Pads Required)	7:30PM	Asylum

Friday 9:00 to 12:00 pm, 5:00 pm to 7:30 pm

CLASS	TIME	LOCATION
Beg. Submission Grappling	9:30AM	Main Room
K.O Kardio	9:30AM	Main Room
K.O Kardio	10:00AM	Main Room
Open Mat (Sparring & Grappling)	5:00PM to 7:30PM	Asylum
Asylum Kick Boxing	6:00PM	Main Room
Point Sparring	6:30PM	Main Room

Saturday 10:00 am to 12:30 pm

CLASS	TIME	LOCATION
Pee Wee Kajukenbo	10:00AM	Main Room
Kick Boxing/Fighter Circuit	11:00AM	Main Room