

COMBAT FITNESS
 RAPACON'S MARTIAL ARTS
 Class Schedule

MONDAY & WEDNESDAY

CLASS	TIME	LOCATION
Asylum Workout	9:00 am	Main Room
Kick Boxing	9:30 am	Main Room
Fighter Circuit	12:00 pm	Asylum
Boxing	5:00 pm	Main Room
Kajukenbo Youth & Teens	6:00 pm	Main Room
Asylum Workout	6:15 pm	Asylum
Kajukenbo Adults	6:45 pm	Main Room
Beg. Submission Grappling (Mon)/ Beg. MMA (Wed)	6:45 pm	Asylum
Combat Cardio	7:45 pm	Main Room
Beg. MMA (Mon)/ Beg. Submission Grappling (Wed)	7:45 pm	Asylum

TUESDAY & THURSDAY

CLASS	TIME	LOCATION
K.O. Kardio	9:30 am	Main Room
K.O. Kardio	12:00 pm	Main Room
Kajukenbo Kids	4:00 pm	Main Room
Mini Maniac MMA Training	5:00 pm	Asylum
Kick Boxing	5:30 pm	Main Room
Adv. Submission Grappling (Tue)/ Adv. MMA (Thur)	6:30pm	Asylum
K.O. Kardio	6:30 pm	Main Room
Boxing	7:30 pm	Main Room
Adv. MMA (Tue)/ Adv. Submission Grappling (Thur)	7:30 pm	Asylum

FRIDAY

CLASS	TIME	LOCATION
K.O. Kardio	9:00 am	Main Room
K.O. Kardio	11:00 am	Main Room
Asylum Kick Boxing	5:30 pm	Main Room
Point Sparring	6:30 pm	Main Room
Women's Self-Defense	6:30 pm	Main Room
Open Mat (Grappling & Sparring)	6:30 pm	Asylum

SATURDAY

CLASS	TIME	LOCATION
Pee Wee Kajukenbo	10:00 am	Main Room
Kickboxing	11:00am	Main Room
Fighter Circuit	12:00 pm	Main Room
Fight Team Training (Invite Only)	12:30 pm	Entire Facility