

COMBAT FITNESS

RAPACON'S MARTIAL ARTS

CLASS SCHEDULE

Monday & Wednesday 4:45 pm-8:30 pm

CLASS/INSTRUCTOR	TIME	LOCATION
Mini Maniac Kick Boxing-Grandmaster, Sigung & Sibak Tony	5:00PM	Main Room
Boxing-Roque	5:30PM	Asylum
Youth & Teen Kajukenbo-Black Belt Instructors	6:00PM	Main Room
Asylum Workout-Roque	6:30PM	Asylum
Adult Kajukenbo-Black Belt Instructors	7:00PM	Main Room
American Muay Thai Kickboxing-Roque	7:15PM	Asylum

Tuesday & Thursday 4:15 pm-8:30 pm

CLASS/INSTRUCTOR	TIME	LOCATION
Youth Kajukenbo-Sibak Tony	4:30PM	Main Room
Mini Maniac MMA Training- Grandmaster, Sigung & Sibak Tony	5:30PM	Asylum
American Muay Thai Kickboxing-Roque	5:30PM	Main Room
ComFit Strength & Conditioning (Tuesday)-Grandmaster	6:30PM	Asylum
Submission Grappling & Drilling (Tuesday)-Roque	7:15PM	Asylum
Wrestling (Thursday)-Adam	6:30PM	Asylum
Boxing (Thursday)-Bryon	6:30PM	Main Room
MMA Drilling & Sparring (Thursday)- Roque	7:30PM	Asylum

Friday (Will Resume Classes In January)

CLASS/INSTRUCTOR	TIME	LOCATION

Saturday 9:45 am-11:00 am

CLASS/INSTRUCTOR	TIME	LOCATION
Pee Wee Kajukenbo-Black Belt Instructors	10:00AM	Main Room
ComFit Strength & Conditioning-Roque	10:00AM	Main Room

Effective 11/04/14