

eterec's/Island MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 AM						Kickboxing 11AM - 12 Noon
12 Noon	Kickboxing /MuayThai All Levels 12-1 PM <i>BJJ Downstairs</i>	Boxing 12-1PM	Kickboxing /MuayThai All Levels 12-1 PM <i>BJJ Downstairs</i>	Boxing 12-1PM	Open Gym	
		3:45PM -4:45PM Kids Boxing		3:45PM-4:45 PM Kids Boxing		2:30 PM - 3:30 PM BJJ
5 PM	Kickboxing/ Muay Thai Level 1 5:15PM-6:15 PM Level 2 Muay Thai 6:20 PM- 7:50 PM	Boxing Beginner/ Intermediate 5:30 PM -6:30 PM	Kickboxing/ Muay Thai Level 1 5:15PM-6:15 PM Level 2 Muay Thai 6:20 PM- 7:50 PM	Boxing Beginner/ Intermediate 5:30 PM -6:30 PM	Open Gym 5PM-7PM	
7PM	BJJ Downstairs	Boxing Fighters 7PM BJJ 7:30 PM - 8:30PM	BJJ Downstairs	Boxing Fighters 7PM BJJ 7:30 - 8:30 PM		
8 PM	Krav Maga 8 PM - 9:15 PM		Krav Maga 8PM-9:15PM			

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