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Schedule - Schedule subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM	HIIT:60 (LB)	HIIT:60 (LB)	Boxing (MW)	HIIT:60 (LB) Team Psycho Fight Training (Private MW)	HIIT:60 (LB)	9:00AM: Fight Camp Boxing(CT) HIIT:60 (JM) 10:00AM Boxing (WA) CrossFit (JM)
9:30-10:30AM			Yoga (RS)		Yoga (RS)	
11:00-Noon	HIIT:60 (MB)	HIIT:60 (MB)	HIIT:60 (MB)	HIIT:60 (MB)	HIIT:60 (MB)	11:00AM Ghost Team BJJ (BF)
Noon-12:30PM	Express Box (WA)	Express Box (WA)	Express Box (WA)	Express Box (WA)		
1:00-2:00PM		Ghost Team BJJ (NC)		Ghost Team BJJ (NC)		
3:30-4:30PM			MoFlex (NC)	Taekwondo Competition Team Practice (MW)		
4:30-5:30PM	Ghost Team Youth BJJ (6-12) (NC) CrossFit (JM)	Youth Boxing (5-12) (CS) Sports Performance (8+) (MB)	Ghost Team Youth BJJ (6-12) (NC) CrossFit (JM)	Youth Boxing (5-12) (CS) Sports Performance (8+) (MB)		Sunday 10:00AM: Fight Camp Boxing (CT) HIIT:60 (LB)
5:30-6:30PM	Boxing (MW) HIIT:60 (MB)	Boxing (WA) CrossFit (JM)	Boxing (WA) HIIT:60 (LB)	Boxing (WA) CrossFit (JM)	5:00PM: Fight Camp Boxing (CT)	Noon: Ghost Team (BF)
6:30-7:30PM	Beg/Int. Family Taekwondo (5+) (MW) Sports Performance (8+) (MB)	Adv/Black Belt Family Taekwondo (5+) (MW) HIIT:60 (13+) (LB)	Beg/Int. Family Taekwondo(5+) (MW) Sports Performance (8+) (MB)	Adv/Black Belt Family Taekwondo (5+) (MW) HIIT:60 (LB)		Hours of Operation Mon-Fri: 4:30am-9pm Sat/Sun: 4:30am-5pm
7:30-8:30 PM	Ghost Team BJJ (BF) <u>Closed from 9:30pm to 10:30pm for cleaning</u>	Ghost Team BJJ (BF) <u>Closed from 9:30pm to 10:30pm for cleaning</u>	Ghost Team BJJ (BF) <u>Closed from 9:30pm to 10:30pm for cleaning</u>	Ghost Team BJJ (BF) <u>Closed from 9:30pm to 10:30pm for cleaning</u>		Closed for cleaning from 9:30pm to 10:30pm (Open 24-Hour for members)

(LB)-Lydia Baker (MB)-Mike Baker (CS)-Chris Suddeth (MW)-Mike Weaver Sr. (WA)-Will Ashcraft (NC)-Neal Craft (PW)-Parker Wilken (JM)-Josh Mustovich (CT)-Craig Thurmond (BF)-Bodhi Freeman (RS)-Ronda Stanoikovich (All adult classes are 13 and up)