



**661-266-1778** 2027 E. Palmdale Blvd. Palmdale  
CA 93550

BRAZILIAN JIU JITSU / Judo	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am						Open Mat
11:00am						Open Mat
12:00pm	BJJ Sport	Judo	BJJ Sport	Judo		
1:00pm	Wrestling	Wrestling	Wrestling	Wrestling		
4:00	Judo	Judo		Judo	Judo - (5:00)	
6:00pm	BJJ Sport	BJJ Sport	BJJ Sport	BJJ Sport	BJJ Sport	
7:30pm	Wrestling	Wrestling	Wrestling	Wrestling		

KIDS CLASSES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm	Boxing	Muay Thai	Boxing	Muay Thai		
5:00pm	BJJ	Judo	BJJ	Judo		

FITNESS KICK BOXING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am	Yoga		Yoga			Kickbox (Noon)
11:00am	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
1:00pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
5:00pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
6:00pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
8:00pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing		

MUAY THAI & BOXING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00pm	Boxing	Boxing	Boxing	Boxing		
7:00pm	Muay Thai	Muay Thai	Muay Thai	Muay Thai		

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