



FACILITY HOURS

MONDAY – FRIDAY: 6:00 AM – 10:00 PM

SATURDAY: 7:00 AM – 8:00 PM

SUNDAY: 8:00 AM – 8:00 PM

RICHARDSON CLASS SCHEDULE

	BOXING	KICKBOXING	BJJ / MMA	KIDS CLASS
MONDAY	6:00 AM (Level 1) 12:00 PM (Level 1) 7:30 PM (Level 2)	5:30 PM (Level 1) 6:30 PM (Level 2) 7:30 PM (Level 3)	6:00 AM (GI) 11:00 AM (GI) 6:30 PM (GI 1.5 Hours)	4:00 PM (Lion Cubs) 4:30 PM (Kickboxing) 5:15 PM (BJJ)
TUESDAY	5:30 PM (Level 1)	6:00 AM (Level 1) 11:00 AM (Muay Thai) 6:30 PM (Level 1)	12:00 PM (No GI) 6:15 PM (Wrestling) 6:30 PM (No GI) 7:30 PM (Level 2 MMA)	4:00 PM (Lion Cubs) 4:30 PM (Wrestling) 5:15 PM (Boxing)
WEDNESDAY	6:00 AM (Level 1) 12:00 PM (Level 1) 6:30 PM (Level 1) 7:30 PM (Level 3)	5:30 PM (Level 1)	6:00 AM (GI) 11:00 AM (GI) 6:30 PM (GI 1.5 Hours)	4:00 PM (Lion Cubs) 4:30 PM (Kickboxing) 5:15 PM (BJJ)
THURSDAY	6:30 PM (Level 1)	6:00 AM (Level 1) 11:00 AM (Muay Thai) 5:30 PM (Level 1)	12:00 PM (No GI All Day) 6:30 PM (No GI 1.5 Hours)	4:00 PM (Lion Cubs) 4:30 PM (BJJ) 5:15 PM (Kickboxing)
FRIDAY	6:00 AM (Level 1) 11:00 AM (Level 2) 12:00 PM (Level 1) 5:30 PM (Level 1)	None	6:00 AM (No GI) 6:30 PM (Level 2 MMA)	None
SATURDAY	12:00 PM (Level 1)	9:00 AM (Level 1) 10:00 AM (Level 2) 11:00 AM (Level 3)	11:00AM (Level 3 MMA) 12:00PM (GI)	9:30 AM (Lion Cubs) 10:00 AM (Boxing) 10:45 AM (BJJ)

****Level 2 & Level 3 CLASS REQUIRE COACHES APPROVAL (NO GUEST ALLOWED TO ATTEND)**