



SCHEDULE

OPEN GYM MUST BE A MEMBER AND FRONT DESK PERSON PRESENT

MONDAY

4-6PM - OPEN MAT

6PM - YOUTH WRESTLING

7PM - YOUTH MMA

FRIDAY

NOON-2PM - OPEN MAT

5PM - STATE TEAM SCRAPS -
YOUTH WRESTLING (TBD NIGHTS)

TUESDAY

4-6PM - OPEN MAT

6PM - STRIKING FIT

7PM - ADULT MMA

SATURDAY

9AM - STRIKING FIT

10AM-NOON - OPEN MAT

WEDNESDAY

4-6PM - OPEN MAT

6PM - YOUTH WRESTLING

7PM - YOUTH MMA

SUNDAY

NOON - STRIKING FIT

1-2PM - OPEN MAT

2PM - STATE TEAM SCRAPS -
YOUTH WRESTLING (TBD DAYS)

THURSDAY

4-6PM - OPEN MAT

6PM - STRIKING FIT

7PM - ADULT MMA

