



Class Schedule as for: June/July 2011

CHECK OUT
OUR WEBSITE:
www.prodigyteams.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
GYM HOURS	6:00AM-9:00PM					9:00AM-5:00PM	1:00-5:00PM					
6:00 AM	Cardio & Weights											
7:00 AM												
8:00 AM												
9:00 AM												
9:30 AM			Strength/Cond-Lev 3			Strength/Cond-Lev 3						
10:00 AM	Strength/Cond-Lev 3					Fit Group X 9:30						
10:30 AM						Intro to Krav Maga						
11:00 AM						Intro to MMA 11:00						
11:00 AM						Krav Maga 11:00Level 1						
11:30 AM												
12:00 PM	MMA Open Sparring	MMA Open Sparring	MMA Open Sparring	MMA Open Sparring	MMA Open Sparring	Krav Maga 12:00Level 2			Cardio & Weights1-5:00			
1:00 PM												
2:00 PM												
3:00 PM			Strength/Cond-Lev 1									
4:00 PM	Youth Boxing			Youth Boxing								
4:30 PM	Submission Grappling	Kid's Uni-Cycling			Kid's Uni-Cycling							
5:00 PM	High School Boxing			High School Boxing	High School Boxing							
5:30 PM	Youth MMA	Youth MMA	Submission Grappling	Youth MMA			Close					
6:00 PM	Pro Boxing			Pro Boxing	Intro to Krav maga	Pro Boxing						
6:30 PM	Muay Thai	Prodigy Fit Group X	Muay Thai		Gracie Jiu Jitsu w/ Gi							
7:00 PM	Intro to MMA 6:30	Gracie Jiu Jitsu w/ Gi										
7:30 PM	Wrestling 6:30-8								Wrestling 6:30-8			
8:00 PM	Krav Maga Level 1								Krav Maga Level 2	Krav Maga Level 1		
8:30 PM	Evening MMA	Evening MMA			Evening MMA							
9:00 PM												