

ADULT CLASS SCHEDULE FOR MKG - NORTHGATE 2012

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	
	Class A	Class B	Class A	Class B	Class A	Class B	Class A	Class B	Class A	Class A	Class B
10:00										BJJ 10:00 to 11:00	Muay Thai 10:00 to 11:00
10:30											
11:00											
11:30	STX Kickboxing 11:30 to 12:30		True Mixed Martial Arts MKG Phase 11:00 to 12:30		Boxing/Panantukan 11:30 to 12:30		True Mixed Martial Arts MKG Phase 11:00 to 12:30				
12:00											
12:30	* Open Gym 12:30 TO 4:00										
4:00	Limited Open Gym Hours See Instructors for Permission										
4:30	Limited Open Gym Hours See Instructors for Permission										
5:00	Limited Open Gym Hours See Instructors for Permission										
5:30	STX Kickboxing Jun Fan JKD / Savate 5:30 to 6:30		Kali / JKD 5:30 to 6:00		Hubud/ Trapping 5:30 to 6:30	Boxing 5:30 to 6:30		Kali / Silat 5:30 to 6:00			
6:00			MKG Phase 6:00 to 7:00	BJJ 6:00 to 7:00				CORE Team 6:00 to 7:00	MKG Phase 6:00 to 7:00		
6:30	True Mixed Martial Arts MKG Phase System Levels 1.1 - 1.2, & Level 1.3				True Mixed Martial Arts MKG Phase System Levels 1.1 - 1.2, & Level 1.3 and Up 6:30 to 8:00					Muay Thai Hybrid All Levels 6:00 to 7:30	
7:00			Panantukan 7:00 to 8:00	Muay Thai 7:00 to 8:00				Panantukan 7:00 to 8:00	STX Kickboxing 7:00 to 8:00		
7:30											
8:00	MKG 10 WEEK FITNESS PROGRAM										
8:30	MKG 10 WEEK FITNESS PROGRAM										* Open Gym is Available During Class Times. Please Check with Instructor Before Training.

