

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Kids Class All levels	5:00 pm		5:00pm		9:15am
SHARK CLUB	5:45 pm		5:45 pm		
Kickboxing	5:15pm	5:15pm	5:15pm	5:15pm	9:15am
Muay Thai Foundations/ Beginner	7:00pm	11:00am 6:00pm	7:00pm	11:00am 6:00pm	10:00am
Muay Thai Intermediate/ Advanced	6:00pm	11:00am 7:00pm	6:00pm	11:00am 7:00pm	10:00am
Muay Thai Combat Athlete		8:00pm		8:00pm	12:00am
Jiu Jitsu All Levels	6:00pm	7:00pm	6:00pm		11:00am(OPEN Mat)
Jiu Jitsu Combat Athlete	7:00pm	6:00pm	7:00pm	6:00pm	

FRIDAY OPEN MAT/BAG ROOM 6-8PM
ALL LEVELS WELCOMED

ALGEO MMA SCHEDULE