

Performance Edge Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 1:00 PM MMA Fundamentals & MMA		12:00 - 1:00 PM MMA Fundamentals & MMA				
						2:30 - 4:30 PM Open Gym
6:00 - 6:45 PM FIGHT! Fundamentals	6:00 - 6:45 PM Performance Edge Combatives	6:00 - 6:45 PM FIGHT! Fundamentals	6:00 - 6:45 PM Performance Edge Combatives			
6:45 - 7:30 PM Performance Edge Combatives	6:45 - 7:30 PM FIGHT! Fundamentals	6:45 - 7:30 PM Performance Edge Combatives	6:45 - 7:30 PM FIGHT! Fundamentals			
7:30 - 9:00 PM MMA	7:30 - 9:00 PM MMA	7:30 - 9:00 PM MMA	7:30 - 9:00 PM MMA			
Highlighted blocks are the classes that are open to beginners. Noon Classes must be schdueled in advance.						