

24/7 Access Only On Weekends

July

Mon	Tues	Wed	Thurs	Fri
				1 Closed 24hr Access Only
4 Closed 24hr Access Only	5 1700 MMA Kick Boxing	6 1700 MMA Grappling	7 1700 MMA Kick Boxing	8
11 1700 MMA Grappling	12 1700 MMA Kick Boxing	13 1700 MMA Grappling	14 1700 MMA Kick Boxing	15
18 1700 MMA Grappling	19 1700 MMA Kick Boxing	20 1700 MMA Grappling	21 1700 MMA Kick Boxing	22
25 1700 MMA Grappling	26 1700 MMA Kick Boxing	27 1700 MMA Grappling	28 1700 MMA Kick Boxing	29 Filthy Friday 0700



Missile Power Fitness Every Tues/Wed/Thurs - 0700/1500