

CLASS SCHEDULE

BOXING



TITAN
TRAINING CENTRE

SUN	MON	TUES	WED	THURS	FRI	SAT
BOXING 11:30 AM #1 Main Room	BOXING 5:00 PM #1 Main Room		BOXING 5:00 PM #1 Main Room		BOXING 5:00 PM #1 Main Room	

CLASS SCHEDULE

JIU-JITSU / WRESTLING



SUN	MON	TUES	WED	THURS	FRI	SAT
JIU-JITSU <i>All Levels</i> 10:15 AM #3 Upstairs Room	JIU-JITSU <i>All Levels</i> 7:00 AM #1 Main Room	JIU-JITSU <i>All Levels</i> 7:00 AM #1 Main Room	JIU-JITSU <i>All Levels</i> 7:00 AM #1 Main Room	JIU-JITSU <i>All Levels</i> 7:00 AM #1 Main Room	JIU-JITSU <i>All Levels</i> 11:00 AM #1 Main Room	JIU-JITSU <i>All Levels</i> 9:00 AM #1 Main Room
WRESTLING 12:45 PM #1 Main Room	JIU-JITSU <i>All Levels</i> 11:00 AM #1 Main Room	JIU-JITSU <i>Fundamentals</i> 6:15 PM #2 Front Entrance	JIU-JITSU <i>All Levels</i> 11:00 AM #1 Main Room	JIU-JITSU <i>Fundamentals</i> 6:15 PM #2 Front Entrance	JIU-JITSU <i>All Levels</i> 6:15 PM #3 Upstairs Room	
	JIU-JITSU <i>Beginner + Fund.</i> 6:15 PM #3 Upstairs Room	JIU-JITSU <i>Beginner</i> 6:15 PM #1 Main Room	JIU-JITSU <i>Beginner + Fund.</i> 6:15 PM #3 Upstairs Room	JIU-JITSU <i>Beginner</i> 6:15 PM #1 Main Room		
	JIU-JITSU <i>Inter. + Advanced</i> 7:30 PM #3 Upstairs Room	JIU-JITSU <i>Inter. + Advanced</i> 7:30 PM #1 Main Room	JIU-JITSU <i>All Levels (Live Drills)</i> 7:30 PM #3 Upstairs Room	JIU-JITSU <i>Inter. + Advanced</i> 7:30 PM #1 Main Room		

CLASS SCHEDULE

MUAY THAI / KICKBOXING



SUN	MON	TUES	WED	THURS	FRI	SAT
MUAY THAI KICKBOXING <i>All Levels</i> 10:15 AM #1 Main Room	MUAY THAI KICKBOXING <i>All Levels</i> 9:30 AM #1 Main Room	MUAY THAI KICKBOXING <i>All Levels</i> 9:30 AM #1 Main Room	MUAY THAI KICKBOXING <i>All Levels</i> 9:30 AM #1 Main Room	MUAY THAI KICKBOXING <i>All Levels</i> 9:30 AM #1 Main Room	MUAY THAI KICKBOXING <i>All Levels</i> 9:30 AM #1 Main Room	CARDIO KICKBOXING 10:15 AM #1 Main Room
	MUAY THAI KICKBOXING <i>Introduction</i> 6:15 PM #2 Front Entrance	CARDIO KICKBOXING 5:00 PM #2 Front Entrance	MUAY THAI KICKBOXING <i>Introduction</i> 6:15 PM #2 Front Entrance	CARDIO KICKBOXING 5:00 PM #2 Front Entrance	CARDIO KICKBOXING 6:15 PM #1 Main Room	MUAY THAI KICKBOXING <i>4 Months XP Req.</i> 11:30 AM #1 Main Room
	MUAY THAI KICKBOXING <i>Beginners + Inter.</i> 6:15 PM #1 Main Room	CARDIO KICKBOXING 6:15 PM #3 Upstairs Room	MUAY THAI KICKBOXING <i>Beginners + Inter.</i> 6:15 PM #1 Main Room	CARDIO KICKBOXING 6:15 PM #3 Upstairs Room		
	MUAY THAI MMA <i>Sparring (Advanced)</i> 7:30 PM #1 Main Room	MUAY THAI KICKBOXING <i>Beginners + Inter.</i> 7:30 PM #3 Upstairs Room	MUAY THAI MMA <i>Sparring (Advanced)</i> 7:30 PM #1 Main Room	MUAY THAI KICKBOXING <i>Beginners + Inter.</i> 7:30 PM #3 Upstairs Room		

CLASS SCHEDULE

WOMENS CLASSES



SUN	MON	TUES	WED	THURS	FRI	SAT
	MUAY THAI PAD WORK/DRILLS <i>WOMEN ONLY</i> 7:30 PM #2 Front Entrance			MUAY THAI KICKBOXING <i>WOMEN ONLY (Advanced)</i> 7:30 PM #2 Front Entrance		MUAY THAI PAD WORK/DRILLS <i>WOMEN ONLY</i> 12:15 PM #2 Front Entrance

CLASS SCHEDULE

KIDS AND TEENS



SUN	MON	TUES	WED	THURS	FRI	SAT
	TINY TITANS JIU JITSU <i>Ages 5 to 9</i> 4:15 PM #3 Upstairs Room	TINY TITANS KICKBOXING <i>Ages 5 to 10</i> 4:15 PM #1 Main Room	TINY TITANS JIU JITSU <i>Ages 5 to 9</i> 4:15 PM #3 Upstairs Room	TINY TITANS KICKBOXING <i>Ages 5 to 10</i> 4:15 PM #1 Main Room	TINY TITANS JIU JITSU <i>Ages 5 to 9</i> 4:15 PM #3 Upstairs Room	TINY TITANS KICKBOXING <i>Ages 5 to 10</i> 10:00 AM #3 Upstairs Room
	JR. TITANS JIU JITSU <i>Ages 10 to 15</i> 5:15 PM #3 Upstairs Room	JR. TITANS KICKBOXING <i>Ages 11 to 16</i> 5:15 PM #1 Main Room	JR. TITANS JIU JITSU <i>Ages 10 to 15</i> 5:15 PM #3 Upstairs Room	JR. TITANS KICKBOXING <i>Ages 11 to 16</i> 5:15 PM #1 Main Room	JR. TITANS JIU JITSU <i>Ages 10 to 15</i> 5:15 PM #3 Upstairs Room	JR. TITANS KICKBOXING <i>Ages 11 to 16</i> 11:00 AM #3 Upstairs Room
						YOUTH KICKBOXING <i>Ages 15 to 17</i> 12:10 PM #3 Upstairs Room