



CLASS SCHEDULE

2023 - 2024



SWIPE →

Monday

Class Schedule



CrossFit

Morning WOD

08:00 - 09:00

Muay Thai

All Levels

08:00 - 09:30

BJJ (GI)

All Levels

09:00 - 10:30

Endurance

Circuit Workout

09:15 - 10:00

OPEN GYM & PRIVATE SESSIONS

All day during reception hours & available time slots

Underwater Performance Training

Pool Workout

13:00 - 14:00

CrossFit

Afternoon WOD

17:00 - 18:00

MMA

MMA Striking

16:30 - 17:45

Muay Thai

Beginner Level

16:30 - 17:30

Muay Thai

Intermediate Level
Optional Sparring

17:30 - 19:00

BJJ (Kids)

4-7 Years Old

16:30 - 17:30

BJJ (NO GI)

All Levels

18:00 - 19:30

Endurance

Circuit Workout

18:15 - 19:00

Tuesday

Class Schedule



CrossFit

Morning WOD

08:00 - 09:00

Muay Thai

All Levels

08:00 - 09:30

BJJ (NO GI)

All Levels

09:00 - 10:30

Endurance

Circuit Workout

09:15 - 10:00

OPEN GYM & PRIVATE SESSIONS

All day during reception hours & available time slots

Breathwork & Icebath

Body Recovery

13:00 - 15:00

CrossFit

Afternoon WOD

17:00 - 18:00

Muay Thai

Beginner Level

16:30 - 17:30

Muay Thai

Intermediate Level

17:30 - 19:00

BJJ (Kids)

8-15 Years Old

16:30 - 17:30

BJJ (GI)

All Levels

18:00 - 19:30

Endurance

Circuit Workout

18:15 - 19:00

Yoga

Power Flow

19:00 - 20:00

Wednesday

Class Schedule



CrossFit
Morning WOD

08:00 - 09:00

Muay Thai
All Levels

08:00 - 09:30

BJJ (GI)
All Levels
Takedown Class

09:00 - 10:30

Endurance
Circuit Workout

09:15 - 10:00

OPEN GYM & PRIVATE SESSIONS

All day during reception hours & available time slots

**Underwater
Performance
Training**
Pool Workout

13:00 - 14:00

CrossFit
Afternoon WOD

17:00 - 18:00

MMA
MMA Grappling

16:30 - 17:45

Muay Thai
Beginner Level

16:30 - 17:30

Muay Thai
Intermediate Level
Optional Sparring

17:30 - 19:00

BJJ (NO GI)
All Levels
Takedown Class

18:00 - 19:30

Endurance
Circuit Workout

18:15 - 19:00

Thursday

Class Schedule



CrossFit
Morning WOD

08:00 - 09:00

Muay Thai
All Levels

08:00 - 09:30

BJJ (NO GI)
All Levels

09:00 - 10:30

Endurance
Circuit Workout

09:15 - 10:00

OPEN GYM & PRIVATE SESSIONS

All day during reception hours & available time slots

CrossFit
Afternoon WOD

17:00 - 18:00

Muay Thai
Beginner Level

16:30 - 17:30

Muay Thai
Intermediate Level

17:30 - 19:00

BJJ (Kids)
8-15 Years Old

16:30 - 17:30

BJJ (GI)
All Levels

18:00 - 19:30

Endurance
Circuit Workout

18:15 - 19:00

Yoga
Relaxed Flow

19:00 - 20:00

Friday

Class Schedule



CrossFit
Morning WOD

08:00 - 09:00

Muay Thai
All Levels

08:00 - 09:30

BJJ (GI)
All Levels

09:00 - 10:30

Endurance
Circuit Workout

09:15 - 10:00

OPEN GYM & PRIVATE SESSIONS

All day during reception hours & available time slots

**Breathwork
& Icebath**
Body Recovery

13:00 - 15:00

CrossFit
Afternoon WOD

17:00 - 18:00

MMA
Full MMA

16:30 - 17:45

Muay Thai
Beginner Level

16:30 - 17:30

Muay Thai
Intermediate Level
Optional Sparring

17:30 - 19:00

BJJ (Kids)
4-7 Years Old

16:30 - 17:30

BJJ (NO GI)
All Levels

18:00 - 19:30

Endurance
Circuit Workout

18:15 - 19:00

Saturday

Class Schedule



CrossFit
Partner Workout

09:00 - 10:00

Muay Thai
All Levels

08:00 - 09:30

BJJ
Open Mat
Gi or NoGi

10:00 - 11:00

OPEN GYM & PRIVATE SESSIONS

All day during reception hours & available time slots

Muay Thai
All Levels

16:30 - 18:00

Sunday

NO CLASSES



OPEN GYM & PRIVATE SESSIONS

All day during reception hours & available time slots