

ANTDAWG'S U.S.H. CLASS SCHEDULE / DESCRIPTION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Adult Kickboxing 18 yrs & up

<i>Boxing Conditioning (Jacob) 6 am – 6:50 am</i>	<i>Kickboxing (Anthony) 8:45 am – 9:45 am</i>	<i>Boxing Conditioning (Jacob) 6 am – 6:50 am</i>	<i>Kickboxing (Anthony) 8:45 am – 9:45 am</i>	<i>Lvl 2 MMA Fight (Anthony) 3:30 pm - 4:50 pm</i>	<i>Kickboxing (Benji) 9 am – 9:50 am</i>
AMATEUR BOXING TRAINING <i>(Jacob) 5:30pm – 6:20pm</i>	AMATEUR BOXING TRAINING <i>(Jacob) 5:30pm – 6:20pm</i>	AMATEUR BOXING TRAINING <i>(Jacob) 5:30pm – 6:20pm</i>	AMATEUR BOXING TRAINING <i>(Jacob) 5:30pm – 6:20pm</i>	AMATEUR BOXING TRAINING <i>(Jacob) 5:30pm – 6:20pm</i>	
<i>Kickboxing (Anthony) 5:30 pm – 6:20 pm</i>	<i>Kickboxing (Anthony / Bri) 5:30 pm – 6:20 pm</i>	<i>Kickboxing (Anthony) 5:30 pm – 6:20 pm</i>	<i>Kickboxing (Benji / Bri) 5:30 pm – 6:20 pm</i>	OPEN GYM <i>4 pm –8 pm</i>	
<i>Boxing Fundamentals (Tone) 6:30 pm – 7:20 pm</i>	<i>MMA Conditioning (Benji) 6:30 pm – 7:20 pm</i>	<i>Kickboxing/ Thai Pads (Tone) 6:30 pm – 7:20 pm</i>	<i>Strength and Conditioning (Anthony) 6:30 pm – 7:20 pm</i>	<i>Light Sparring Gear Required (Tone) 7 pm-8 pm</i>	
<i>Lvl 2 MMA Fight (Anthony) 8 pm – 9:30 pm</i>		<i>Lvl 2 MMA Fight (Anthony) 8 pm – 9:30 pm</i>	<i>Lvl 2 MMA Fight (Anthony) 8 pm – 9 pm</i>	<i>Friday Night Fights 6:00 PM Bi-monthly</i>	

Junior & Pee Wee MMA Program (6-17 yrs old)

<i>Juniors San Shou / MMA Program (Anthony /Tone / Benji) 4:30 pm – 5:20pm</i>	<i>Pee Wee San Shou / MMA Program (Anthony / Bri / Tone / 4:30 pm - 5:20 pm</i>	<i>Juniors San Shou / MMA Program (Anthony / Tone / Bri) 4:30 pm – 5:20pm</i>	<i>Pee Wee San Shou / MMA Program (Anthony / Bri / Tone / 4:30 pm - 5:20 pm</i>	<i>San Shou / MMA Beginner – No belt (Anthony /Tone /Bri / 5 pm – 5:50 pm</i>	<i>Beginner MMA No (Anthony / Bri / Nate) 10 am -10:50 am</i>
Amateur Boxing Training M-F 5:30pm- 6:30pm (Included)				<i>San Shou / Intermediate Yellow/Green (Anthony / Tone / Bri / 6 pm – 6:50 pm</i>	<i>Intermediate MMA (Anthony / Bri / Nate) 11 am – 11:50 am</i>
				<i>Advanced San Shou / Blue - up (Anthony) 7 pm – 8 pm</i>	<i>Advanced MMA Training Blue - up (Anthony) 12pm - 1:30pm</i>

Jui Jitsu/ No Gi Grappling Program (15 yrs & Older)

<i>Jiu-Jitsu Gi Required (Josh) 6:30 pm – 8pm</i>	<i>Wrestling (Adin) 7:30pm - 9pm</i>	<i>Jiu-Jitsu Gi Required (Josh) 6:30 pm – 8pm</i>	<i>Jiu-Jitsu Gi Required (Josh) 6:30 pm – 8pm</i>		<i>No Gi Jiu-Jistu/ (Carlos / Adin) 12pm - 1:30pm</i>
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