

2018



NEW CLASSES SCHEDULE

MON

9:00AM - KICKBOXING
4:15PM - BEGINNER KARATE
5:00PM - INTERMEDIATE KARATE
5:45PM - MMA
6:30PM - KICKBOXING

TUES

7:00PM - BJJ NO GI
8:00PM - BJJ WITH GI

WED

9:00AM - KICKBOXING
4:15PM - BEGINNER KARATE
5:00PM - INTERMEDIATE KARATE
5:45PM - MMA
6:30PM - KICKBOXING

THUR

10:30AM - TODDLER KARATE

FRI

9:00AM - KICKBOXING
4:00PM - BEGINNER KARATE
4:45PM - SPARRING

SAT

10:00AM - KICKBOXING
12:00PM - BJJ WITH GI
1:00PM - BJJ NO GI

(678) 541 5254

225 Peachtree Industrial Blvd
Sugar Hill GA 30518

2018



BUFORD CLASS SCHEDULE

TUES

9:00AM - KICKBOXING
4:30PM - KARATE
5:15PM - TEEN/ADULT KARATE
6:00PM - MMA
6:45PM - KICKBOXING

THUR

9:00AM - KICKBOXING
4:30PM - KARATE
5:15PM - TEEN/ADULT KARATE
6:00PM - MMA
6:45PM - KICKBOXING

(678) 541 5636

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