



5717 Richmond Ave, Houston, 77057
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****Private Marital Arts Training as well as Personal Fitness Sessions Available upon Request****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10 AM Kickboxing/ Muay Thai Ali Alhalabi	9-10 AM Kickboxing/ Muay Thai Ali Alhalabi	9-10 AM Kickboxing/ Muay Thai Ali Alhalabi	9-10 AM Kickboxing/ Muay Thai Ali Alhalabi	9-10 AM Kickboxing/ Muay Thai Ali Alhalabi	
10-11 AM Open Mat	10-11 AM Open Mat	10-11 AM Open Mat	10-11 AM Wrestling for MMA Brett Robinson	10-11 AM Open Mat	10 AM-12 PM GI BJJ Fundamentals Sam Hoger
12-1PM Executive Power Hour Ryan Josey	12-1PM Executive Power Hour Ryan Josey	12-1PM Executive Power Hour Ryan Josey	12-1PM Executive Power Hour Ryan Josey	12-1PM Executive Power Hour Ryan Josey	12-1 PM Kickboxing Co-Ed Sam Hoger
5-6 PM Kids MMA Sam Hoger	5 -6 PM Kids BJJ Sam Hoger	5-6 PM Kids MMA Sam Hoger	5-6 PM Kids BJJ Sam Hoger		
6-7 PM Muay Thai/ Kickboxing Sam Hoger	6-7 PM Gi BJJ White – Blue Sam Hoger	6-7 PM Muay Thai/ Kickboxing Sam Hoger	6-7 PM Gi BJJ White – Blue Sam Hoger	6-7 PM Muay Thai/ Kickboxing Sam Hoger	
7-8 Wrestling for MMA Brett Robinson	7-8 PM Advanced Gi BJJ Blue – Purple Sam Hoger	7-8 PM MMA Sparring Sam Hoger	7-8 PM Advanced Gi BJJ Blue – Purple Sam Hoger	7-8 PM MMA Technique No GI Sam Hoger	
8-9 PM Pro MMA	8-9 PM Open Mat	8-9 PM Open Mat	8-9:30 PM No Gi/ Live Roll	8-9 PM Open Mat	