



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am			Cardio Kickboxing   Muay Thai		Cardio Kickboxing   Muay Thai		
9:30am		Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing	
10:30am		Muay Thai		Muay Thai		Muay Thai	Brazilian Jiu Jitsu
11:00am	Cardio Kickboxing   Muay Thai						Warrior BJJ All Ages   Cardio Kickboxing   MMA Conditioning
							Muay Thai   Super Woman Boot Camp
							OPEN MAT
							Boxing
4:30pm	Mini Warrior BJJ	Warrior BJJ	Warrior BJJ	Mini Warrior BJJ	Warrior BJJ	Mini Warrior BJJ	
5:30pm	Cardio Kickboxing   Warrior BJJ	Cardio Boxing   Mini Warrior BJJ	Super Woman Boot Camp   Intro Muay Thai   Warrior BJJ	Super Woman Boot Camp   Mini Warrior BJJ	Cardio Kickboxing   Warrior BJJ		
6:30pm	Muay Thai   Brazilian Jiu Jitsu   Squat Squad	Muay Thai   MMA Conditioning	Brazilian Jiu Jitsu   Cardio Kickboxing   Strength Training	Muay Thai   MMA Conditioning	Muay Thai   Intro Muay Thai		
7:30pm	Boxing   Cardio Kickboxing   Strength Training	Brazilian Jiu Jitsu   Super Woman Boot Camp	Squat Squad   Muay Thai	Cardio Kickboxing   Boxing	Brazilian Jiu Jitsu		
8:30pm	Intro Muay Thai	Boxing		Intro Muay Thai			



Stamford Fight Club LLC  
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Stamford Youth Sports Summer Camp and After School