



POINT BLANK[®]

MARTIAL ARTS AND FITNESS

'FOCUSED ON THE ATHLETE'

Boxing/Martial Arts Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|----------------------|--------------------------|----------------------|--------------------------|------------------------|--------|
| | | | | | 10 – 11am Boxing | |
| | | | | | 11 – 12pm Muay Thai | |
| 6:15 -7pm Mat Monkeys | 6 – 7pm Boxing | 6:15 -7pm Mat Monkeys | 6 – 7pm Boxing | 6:15 -7pm Mat Monkeys | | |
| 7 - 8pm Wolf Pack | 7 – 8pm Muay Thai | 7 - 8pm Wolf Pack | 7 – 8pm Muay Thai | 7 - 8pm Wolf Pack | | |
| 8 - 9pm MMA / JKD | | 8 - 9pm MMA / JKD | | 8 - 9pm MMA / JKD | | |

CrossFit/Training Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------|--------|
| | | | | | 9 – 10am CrossFit | |
| 9:30 – 10:30am CrossFit | 9:30 – 10:30am CrossFit | 9:30 – 10:30am CrossFit | 9:30 – 10:30am CrossFit | 9:30 – 10:30am CrossFit | 10 – 12pm Open Gym | |
| | | | | | | |
| 5 - 6pm CrossFit | 5 - 6pm CrossFit | 5 - 6pm CrossFit | 5 - 6pm CrossFit | 5 - 6pm CrossFit | | |
| 6 - 7pm Open Gym | 6 - 7pm Open Gym | 6 - 7pm Open Gym | 6 - 7pm Open Gym | 6 - 7pm Open Gym | | |
| 7 - 8pm CrossFit | 7 - 8pm CrossFit | 7 - 8pm CrossFit | 7 - 8pm CrossFit | | | |

NOTE: You must have completed at least 10 regular CrossFit classes and receive approval from one of the trainers to be able to attend open gym time for your own safety.

****Private Training Available. Please ask for details....**