

Team Lima MMA & Fitness

Updated & effective May 16, 2022

	Mon	Tue	Wed	Thurs	Fri	Sat
6:30 AM	CrossFit 6:30-7:30am	CrossFit 6:30-7:30am	CrossFit 6:30-7:30am	CrossFit 6:30-7:30am	CrossFit 6:30-7:30am	
7:30 AM	CrossFit 7:30-8:30am	CrossFit 7:30-8:30am	CrossFit 7:30-8:30am	CrossFit 7:30-8:30am	CrossFit 7:30-8:30am	
9:00 AM						
10:00 AM	Hardcore 9-10am	Hardcore 9-10am	Hardcore 9-10am	Hardcore 9-10am	Hardcore 9-10am	CrossFit 9-10am
11:00 AM	Cardio Kickboxing 10-11am		Cardio Kickboxing 10-11am		Cardio Kickboxing 10-11am	CrossFit 10-11am
12:00 PM						
1:00 PM	Adult Jiu Jitsu (GI) 12-1pm	Adult Jiu Jitsu (NoGI) 12-1pm	Muay Thai Striking 12-1pm	Adult Jiu Jitsu (GI) 12-1pm	Adult Jiu Jitsu (NoGI) 12-1pm	Muay Thai Striking 12-1pm
5:00 PM	CrossFit 4:30-5:30pm	Big Champs Boxing Age 7-12 yrs 5-6pm	CrossFit 4:30-5:30pm	Big Champs Boxing Age 7-12 yrs 5-6pm	CrossFit 4:30-5:30pm	Big Champs Boxing Age 7-12 yrs 9:30-10:30am
6:00 PM	CrossFit 5:30-6:30pm	Cardio Kickboxing 5:30-6:30pm	BJJ Fundamentals 5:30-6:30pm	Cardio Kickboxing 5:30-6:30pm	BJJ Fundamentals 5:30-6:30pm	Cardio Kickboxing 10-11am
7:00 PM	CrossFit 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm	Adult Jiu Jitsu (GI) 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm	Advanced MMA* 5:30-6:30pm	Cardio Kickboxing 11-12pm
8:00 PM	Hardcore 7:30-8:30pm	Muay Thai Striking 7:30-8:30pm	Boxing 7:30-8:30pm	Hardcore 7:30-8:30pm	Boxing 7:30-8:30pm	Advanced MMA* 11-12pm
9:00 PM						

* Advanced MMA and BJJ classes by Coach's invite only