

Team Lima MMA & Fitness

Updated & effective November 17, 2022

| | Mon | Tue | Wed | Thurs | Fri | Sat |
|----------|--|-------------------------------------|--|--|--|---|
| 6:30 AM | High Intensity Interval Training (H.I.I.T.) 6:30-7:30am | | High Intensity Interval Training (H.I.I.T.) 6:30-7:30am | High Intensity Interval Training (H.I.I.T.) 6:30-7:30am | High Intensity Interval Training (H.I.I.T.) 6:30-7:30am | |
| 7:30 AM | | Adult Jiu Jitsu (NoGi) 7-8am | | Adult Jiu Jitsu (NoGi) 7-8am | | |
| 9:00 AM | High Intensity Interval Training (H.I.I.T.) 9-10am | | High Intensity Interval Training (H.I.I.T.) 9-10am | High Intensity Interval Training (H.I.I.T.) 9-10am | High Intensity Interval Training (H.I.I.T.) 9-10am | H.I.I.T. 9-10am |
| 10:00 AM | Cardio Kickboxing 10-11am | | Cardio Kickboxing 10-11am | | Cardio Kickboxing 10-11am | H.I.I.T. 10-11am |
| 11:00 AM | | | | | | Big Champs Boxing Age 7-12 yrs 9:30-10:30am |
| 12:00 PM | Adult Jiu Jitsu (Gi) 12-1pm | Adult Jiu Jitsu (NoGi) 12-1pm | Adult Jiu Jitsu (Gi) 12-1pm | Adult Jiu Jitsu (NoGi) 12-1pm | Adult Jiu Jitsu (Gi) 12-1pm | Women's BJJ 9:30-10:30am |
| 1:00 PM | | Muay Thai Striking 12-1pm | | Muay Thai Striking 12-1pm | | Kids (Gi) 4-6 yrs 10:30-11:15am |
| 5:00 PM | | | | | | Kids (Gi) 7-12 yrs 11-12pm |
| 6:00 PM | H.I.I.T. 5:30-6:30pm | Kids (Gi) 4-6 yrs 5-5:45pm | Kids (Gi) 4-6 yrs 5-5:45pm | Kids (Gi) 4-6 yrs 5-5:45pm | Kids (Gi) 4-6 yrs 5-5:45pm | Advanced MMA* 11-12pm |
| 7:00 PM | Cardio Kickboxing 6:30-7:30pm | Cardio Kickboxing 6:30-7:30pm | Cardio Kickboxing 6:30-7:30pm | Cardio Kickboxing 6:30-7:30pm | Cardio Kickboxing 6:30-7:30pm | Adult Jiu Jitsu (Gi) 12-1pm |
| 8:00 PM | H.I.I.T. 7:30-8:30am | Adult Jiu Jitsu (Gi) 6:30-7:30pm | Adult Jiu Jitsu (NoGi) 7:30-9pm | Adult Jiu Jitsu (Gi) 6:30-7:30pm | Adult Jiu Jitsu (NoGi) 7:30-9pm | |
| 9:00 PM | | | | | | |

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