

Team Lima MMA & Fitness

Updated & effective March 15, 2023

	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	High Intensity Interval Training (H.I.I.T.) 9-10am	
10:00 AM						H.I.I.T. 9-10am
11:00 AM						H.I.I.T. 10-11am
12:00 PM						Advanced MMA* 11-12pm
1:00 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 (NoGi) 12-1pm	Cardio Kickboxing 11-12pm
5:00 PM						
6:00 PM	H.I.I.T. 5:30-6:30pm	Cardio Kickboxing 5:30-6:30pm	Cardio Kickboxing 5:30-6:30pm	Cardio Kickboxing 5:30-6:30pm	Cardio Kickboxing 5:30-6:30pm	Advanced MMA* 5:30-6:30pm
7:00 PM	Cardio Kickboxing 6:30-7:30pm	Self Defense 6:30-7:30pm	Boxing 6:30-7:30pm	Adult Jiu Jitsu (Gi) 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm	BJJ Fundamentals 6:30-7:30pm
8:00 PM	H.I.I.T. 7:30-8:30am	Muay Thai Striking 7:30-8:30pm	Boxing 7:30-8:30pm	H.I.I.T. 7:30-8:30pm	Boxing 7:30-8:30pm	Adult Jiu Jitsu (NoGi) 7:30-9pm
9:00 PM						

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