



FIGHTING GLOBAL TEAM

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WEEKLY SCHEDULE 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 11:00 BOXING KICKBOXING	10:00 - 11:00 PERSONAL TRAINING	10:00 - 11:00 BOXING KICKBOXING	10:00 - 11:00 PERSONAL TRAINING	10:00 - 11:00 BOXING KICKBOXING	10:00 - 11:00 KICKBOXING KIDS 5-8y KICKBOXING KIDS 9-13y
11:00 - 12:00 BJJ PERSONAL TRAINING	11:00 - 12:00 BOXING KICKBOXING	11:00 - 12:00 BJJ PERSONAL TRAINING	11:00 - 12:00 BOXING KICKBOXING	11:00 - 12:00 BJJ PERSONAL TRAINING	11:00 - 12:00 FIGHTING TEAM
17:00 - 17:45 KICKBOXING KIDS 9-13y	17:00 - 17:45 KICKBOXING KIDS 5-8y BJJ KIDS 7-11y	17:00 - 17:45 KICKBOXING KIDS 9-13y BJJ KIDS 7-11y	17:00 - 17:45 KICKBOXING KIDS 5-8y	17:00 - 17:45 KICKBOXING Teens (14-16 y) BJJ KIDS 7-11y	
18:00 - 19:00 STRIKING Beginners (MMA)	18:00 - 19:00 KICKBOXING Teens (14-16 y) MMA	18:00 - 19:00 STRIKING Beginners (MMA)	18:00 - 19:00 KICKBOXING Teens (14-16 y) MMA	18:00 - 19:00 STRIKING Beginners (MMA)	
19:00 - 20:00 BOXING	19:00 - 20:00 BJJ - NO GI	19:00 - 20:00 BOXING	19:00 - 20:00 BJJ - NO GI	19:00 - 20:00 BOXING	
20:00 - 21:00 KICKBOXING	20:30 - 21:30 BOXING	20:00 - 21:00 KICKBOXING	20:30 - 21:30 BOXING	20:00 - 21:00 KICKBOXING	
21:00 - 22:00 BJJ - GI	21:30 - 22:30 KICKBOXING	21:00 - 22:00 BJJ - GI	21:30 - 22:30 KICKBOXING	21:00 - 22:00 BJJ - GI MMA	

ATHLETES MUST ISSUE OFFICIAL SPORTS CARD (2 PHOTOS, FEDERATION APPLICATION, MEDICAL CERTIFICATE)