


GIRL FIGHT SCHEDULE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:45am	Muay Thai Ages 14+				Muay Thai Ages 14+	Muay Thai Coed/Ages 13+	Boxing Ages 13+
5:00pm		KIDS BJJ Ages 7-13 yrs		KIDS BJJ Ages 7-13 yrs		FREE INTRO CLASS... No Experience or Fitness needed! 732-503-9744	
5:45pm	KIDS MMA & Grappling Ages 7-13 yrs	KIDS Muay Thai Ages 7-13 yrs	KIDS MMA & Grappling Ages 7-13 yrs	KIDS Boxing Ages 7-13 yrs	6:00pm 5 Rounds Fitness Coed/Ages 13+		
6:30pm	No-Gi Grappling Coed/14+ years	Muay Thai Ages 14+	No-Gi Grappling Coed/14+ years	Muay Thai Ages 14+			
7:30pm	5 Rounds Fitness Coed/Ages 13+	BJJ 14+ years	Muay Thai Coed/Ages 14+	BJJ 14+ years			

Schedule as of 1/7/2019. Schedule and Instructor are subject to change.

Doors open: 15 minutes before the first class & close 15 minutes after the last class ends.

Private lessons & Personal training also available.

1800 Lakewood Rd, Toms River, NJ 08755 ~ 732-503-9744

www.GFight.com