



Life Altering Fitness

GYM HOURS

Mon-Fri: 6am-9pm

Sat: 8am-7pm

Sun: 10-7pm

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	11:30-12:30PM	XTREME BOOT CAMP	LINDSEY
	6:30-7:30PM	NO GI TAKEDOWNS AND GRAPPLNG	ZACH
TUESDAY	11:30-12:30PM	XTREME BOOT CAMP	JEN
	5:30-6:30PM	MMA	ZACH
	6:30-7:30PM	MUAY THAI,KICKBOXING	ZACH
WEDNESDAY	9:30-10:30AM	KICKBOXING	ZACH
	4-5:50PM	KIDS MMA/BJJ	FELIPE
	6-7:30 PM	BRAZILIAN JIU-JITSU	FELIPE
THURSDAY	11:30-12:30PM	XTREME BOOT CAMP	JEN
	5:30-6:30PM	MMA	ZACH
	6:30-7:30PM	MUAY THAI,KICKBOXING	ZACH
FRIDAY	9:30-10:30AM	KICKBOXING	ZACH
	12-1:30	BRAZILIAN JIU-JITSU	FELIPE
SATURDAY	11-12PM	KIDS MMA/BJJ	ZACH
	12-1:30PM	NO GI TAKEDOWNS AND GRAPPLNG	ZACH

Phone: 530-885-2600

*Time and classes are subject to change