



This is the regular 2019 training schedule. It does not include special events or seminars and does not reflect holiday hours or emergency closures. These will be posted on the live website and app schedules.

Online RSVP at least two hours before training is required. Please cancel your RSVP at least 2 hours prior to training, if you cannot attend. You can do so on the website or the app. If you have to cancel less than 2 hours in advance, text us at 720-443-8227. Thank you!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50						Movement Training
9:15-10:05						MMA Fitness
12:00-12:50	MMA Fitness	Movement Training	MMA Fitness	Movement Training	MMA Fitness	
1:00-2:00			MMA Fitness for Parkinson's			
3:00-3:50	Open Gym	Open Gym	Open Gym	Open Gym		
4:00-4:50	Youth MMA Fitness	Youth MMA Fitness	Youth MMA Fitness	Youth MMA Fitness	MMA Fitness	
5:00-5:50	MMA Fitness	Movement Training	MMA Fitness	Movement Training	MMA Fitness	
6:00-6:50	MMA Fitness	Movement Training	MMA Fitness	Movement Training	MMA Fitness	
7:00-7:50	MMA Fitness		MMA Fitness			