



954-436-6656 facebook/FIGHTFITUSA.com
12425 Taft St., 2nd Floor Pines Ice Arena, Pembroke Pines, FL 33028

SCHEDULE OF CLASSES

FITNESS AND CONDITIONING CLASSES

= Open Gym ** = ff Special Events

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 7:00am	Boxing	Boxing	Boxing	Boxing	Boxing		
9:00am - 10:00am	Boxing	Boxing	Boxing	Boxing	Boxing		
10:30am - 11:30am						Boxing	10:30a - 12:30p Kickboxing Bootcamp
12:30pm - 1:30pm	Combat Fitness		Combat Fitness		Combat Fitness	Boxing	
5:30pm - 6:30pm	Boxing	Boxing	Boxing	Boxing	Boxing		
6:30pm - 7:30pm	Boxing	Boxing	Boxing	Boxing	Boxing		
7:00pm - 8:00pm							
7:30pm - 8:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
8:30pm - 9:30pm	Boxing	Boxing	Boxing	Boxing	Boxing		

LOSE WEIGHT, GET STRONG, LEARN SELF DEFENSE & HAVE FUN - ALL AT THE SAME TIME!

FIGHT FIT TACTICAL TRAINING CLASSES (BOXING - MMA - BJJ - COMBAT - SELF DEFENSE - BOOT CAMPS)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am - 11:00am		SBT		SBT			
5:00pm - 6:30pm	Amateur Boxing	Amateur Boxing	Amateur Boxing	Amateur Boxing	Amateur Boxing		
6:30pm - 7:30pm	Muay Thai	SBT	Muay Thai	SBT	Muay Thai		
6:30pm - 7:30pm		BJJ		BJJ			

* CLASS AVAILABILITY SUBJECT TO CLASS SIZE

SCHEDULE SUBJECT TO CHANGE

* SBT= Suspension Band Training



NEW - REAL-KICK KICKBOXING & REAL HEAVYBAG BOXING
BURN UP TO 1,000 CALORIES EVERY CLASS!

STOP THROWING AWAY MONEY AND YOUR VALUABLE TIME

HIT REAL HEAVYBAGS - GET REAL RESULTS
THE ONLY GYM WITH OVER 50 REAL HEAVYBAGS/CLASS - LEARN FROM REAL WORLD CHAMP INSTRUCTORS

FIGHT FIT HOURS

MONDAY-FRIDAY: 6AM - 10PM
SATURDAY: 10AM - 4PM
SUNDAY: 10AM - 2PM

- ✓ All classes are taught by professional fighters or boxing trainers.
- ✓ All classes provide a full-body workout.
- ✓ Everybody gets their own bag