



FightFit
BOXING & MMA

954-436-6656 [facebook/FIGHTFITUSA.com](https://facebook.com/FIGHTFITUSA.com)
12425 Taft St., 2nd Floor Pines Ice Arena, Pembroke Pines, FL 33028

SCHEDULE OF CLASSES

FITNESS AND CONDITIONING CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 7:00am	CrossTraining		CrossTraining		CrossTraining		
9:00am - 10:00am	Boxing	Boxing	Boxing	Boxing	Boxing		
10:00am - 11:00am						9:30 - 10:30 Spinning	10:30 - 11:30 Boot Camp
12:30pm - 1:30pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	10:30 - 11:30 Boxing	
5:15pm - 6:15pm	Boxing 60	Fit 60 Boxing	Boxing 60	Fit 60 Boxing	Boxing 60		
6:30pm - 7:30pm	Kickboxing 60	Fit 60 Kickboxing	Kickboxing 60	Fit 60 Kickboxing	Kickboxing 60		
7:45pm - 8:45pm	Boxing 60	Fit 60 Boxing	Boxing 60	Fit 60 Boxing	Boxing 60		

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

FIGHTFIT TACTICAL and TRAINING CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30pm - 6:30pm	Amateur Boxing	Amateur Boxing	Amateur Boxing	Amateur Boxing	Amateur Boxing		
6:30pm - 8:30pm	12 Rounds	12 Rounds	12 Rounds	12 Rounds	12 Rounds		
6:30pm - 7:30pm	Muay Thai	BJJ	Muay Thai	BJJ	Muay Thai		
6:30pm - 7:30pm	Spinning	Womens Lift	Spinning	Womens Lift			

* CLASS AVAILABILITY SUBJECT TO CLASS SIZE

SCHEDULE SUBJECT TO CHANGE

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: 9AM - 2PM
SUNDAY: 9AM - 1PM

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

