



**Monday-Thursday**  
6AM - 9PM  
**Friday**  
6AM - 7PM  
**Saturday**  
8AM - 5PM

(530) 885-2600

The most complete gym in  
Auburn

**Class Schedule**

Day	Time	Class	Instructor
<b>MONDAY</b>	11:30AM - 12:30PM 5:30PM - 6:30PM 6:30PM - 7:30PM	XTREME BOOT CAMP WRESTLING FUNDAMENTALS NO GI TAKEDOWNS AND GRAPPLING	Zach Mike Zach
<b>TUESDAY</b>	11:30AM - 12:30PM 5:30PM - 6:30PM 6:30PM - 7:30PM	XTREME BOOT CAMP MMA MUAY THAI, KICKBOXING	Lisette Zach Zach
<b>WEDNESDAY</b>	9:30AM - 10:30AM 4:00PM - 5:00PM 6:00PM - 7:30PM	KICKBOXING KIDS MMA/BJJ BRAZILIAN JIU-JITSU	Zach Zach Zach
<b>THURSDAY</b>	11:30AM - 12:30PM 5:30PM - 6:30PM 6:30PM - 7:30PM	XTREME BOOT CAMP MMA MUAY THAI, KICKBOXING	Lisette Zach Zach
<b>FRIDAY</b>	9:30AM - 10:30AM  12PM - 1:30PM	KICKBOXING  BRAZILIAN JIU-JITSU	Zach  Zach
<b>SATURDAY</b>	10AM - 11AM 11AM - 12PM 12PM - 1:30PM	KIDS KICKBOXING GI JIU JITSU FUNDAMENTALS BRAZILIAN JIU-JITSU NOGI	Felipe Felipe Felipe

\*Time and classes are subject to change

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