

# The Cellar Gym Schedule

All classes are 1 hour in length unless otherwise noted.

## FITNESS KICKBOXING

45 min condensed class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM		6:00AM		6:00AM	9:30AM
11:30AM		11:30AM		11:30AM	11:45AM Fighter Flow **
4:30PM	4:30PM	4:30PM	4:30PM	4:30PM	
5:30PM	5:30PM	5:30PM	5:30PM		

## MUAY THAI

Fundamentals: Open to All Levels | Orange Rank & Up: Sparring Equipment Required (16 oz. Boxing Gloves, Shinpads, Groin Protection, Mouthguard)

Advanced: Blue Rank & Up, or by invite (Sparring Equipment Required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM Drills Orange Rank & Up	9:00AM Fundamentals	9:00AM Pads Yellow Rank & Up	9:00AM Fundamentals	9:00AM Drills Orange Rank & Up	8:30AM Fundamentals
4:30PM Hybrid Advanced	4:30PM Pads Orange Rank & Up	4:30PM Hybrid Advanced	4:30PM Drills Orange Rank & Up	4:30PM Pads Yellow Rank & Up	9:30AM Pads Yellow Rank & Up
5:30PM Fundamentals	5:30PM Drills Orange Rank & Up	5:30PM Fundamentals	5:30PM Pads Orange Rank & Up	5:30PM Drills Green Rank & Up	10:30AM Drills Advanced
5:30PM Clinch Advanced	6:30PM Fundamentals		6:30PM Fundamentals	5:30PM All Levels Bag Class	11:45AM Fighter Flow **
6:30PM Pads Yellow Rank & Up	6:30PM Clinch Orange Rank & Up	6:30PM Drills Orange Rank & Up	6:30PM Clinch Orange Rank & Up		

## BRAZILIAN JIU JITSU

Uniform required for Gi classes. Rashguard and MMA shorts required for No-Gi.

Intermediate: 2+ stripe white belt & up, or by invite | Hybrid: Gi or No-Gi attire permitted | Women's BJJ classes are 45 min.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00AM No-Gi All Levels		6:00AM No-Gi All Levels		
10:00AM No-Gi All Levels	10:00AM Gi All Levels	10:00AM No-Gi All Levels	10:00AM Gi All Levels	10:00AM No-Gi All Levels	9:30AM Gi Fundamentals
5:30PM Gi Intermediate	5:30PM Gi Fundamentals	5:30PM Gi Intermediate	5:30PM Gi Fundamentals	4:30PM Gi Fundamentals	10:30AM Comp Class
6:30PM Gi Fundamentals	6:30PM No-Gi Fundamentals	6:30PM Gi Fundamentals	6:30PM No-Gi Fundamentals	5:30PM Hybrid Intermediate	11:45AM Fighter Flow **
6:45PM Women's BJJ Hybrid		6:45PM Women's BJJ Hybrid			
7:30PM No-Gi All Levels	7:30PM Open Mat Members Only	7:30PM No-Gi All Levels	7:30PM Open Mat Members Only		

## MIXED MARTIAL ARTS

Uniform Required: MMA Shorts + Rashguard | Equipment Required: 16 oz. Boxing Gloves, MMA Gloves, Shinpads, Groin Protection, Mouthpiece

\* Advanced classes by invite only (Sparring Equipment Required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30PM Advanced *	7:30PM Fundamentals	7:30PM Advanced *	7:30PM Fundamentals		11:45AM Fighter Flow **

\*\* About **Fighter Flow**: A 1-hour class dedicated to stretching, flexibility, and recovery-focused movement. This class is available for all adult Cellar students with a membership that includes access to classes.

## Youth Schedule

YOUTH MARTIAL ARTS					
3-5 yr old classes are 30 minutes. 7-15 yr old classes are 45 minutes.					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai	BJJ	Muay Thai	BJJ	Muay Thai	BJJ
4:30PM 3-5 yr olds	4:30PM 3-5 yr olds	4:30PM 3-5 yr olds	4:30PM 3-5 yr olds	4:30PM 3-5 yr olds	9:30AM 3-5 yr olds
5:00PM 6-9 yr olds	5:00PM 6-9 yr olds	5:00PM 6-9 yr olds	5:00PM 6-9 yr olds	5:00PM 6-9 yr olds	10:00AM 6-9 yr olds
5:45PM 10-15 yr olds	5:45PM 10-15 yr olds	5:45PM 10-15 yr olds	5:45PM 10-15 yr olds	5:45PM 10-15 yr olds	10:45AM 10-15yr olds

ADVANCED YOUTH CLASSES					
Advanced Teen classes are 1 hour. Participation must be approved by an instructor.					
* Teen MMA is for ages 10+. Classes are 45 minutes.					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30PM Advanced BJJ	4:30PM Advanced Muay Thai	4:30PM Advanced BJJ	4:30PM Advanced Muay Thai		
			6:30PM Teen MMA*		