



COLOR KEY FOR SCHEDULE

Kettlebell Classes*	Mixed Martial Arts Classes	Yoga Classes
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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

6AM			KB Boot Camp* 6:00 – 6:45		KB Boot Camp* 6:00 – 6:45		
7AM			Slow Flow 7:00 – 8:30		Slow Flow 7:00 – 8:30		
8AM		Warrior Circuit* 8:15 – 9:00	KBs – Level 1* 8:15 – 9:00	Warrior Circuit* 8:15 – 9:00	KBs – Level 1* 8:15 – 9:00	Warrior Circuit* 8:15 – 9:00	
9AM	Vinyasa Krama 9:00 – 10:15	Deep Stretch 9:15 – 10:15		Deep Stretch 9:15 – 10:15		Deep Stretch 9:15 – 10:15	
10AM -3PM		Private/ Semi- Private Training**	Private/ Semi- Private Training**	Private/ Semi- Private Training**	Private/ Semi- Private Training**	Private/ Semi- Private Training**	
4PM		Kids BJJ 4:00 – 4:50		Kids BJJ 4:00 – 4:50		Kids BJJ 4:00 – 4:50	
5PM		KB Fit* 5:15 – 6:00	KBs – Level 1* 5:15 – 6:00	Warrior Circuit* 5:15 – 6:00	KBs – Level 1* 5:15 – 6:00	KB Fit* 5:15 – 6:00	
6PM		SF 5:30 – 7:00	BJJ 6:00 – 7:30	VK 5:30 – 7:00	MTKB 6:00 – 7:00	VK 5:30 – 7:00	BJJ 6:00 – 7:30
7PM			Open Mat 7:00 – 8:00		Open Mat 7:00 – 8:00		

* All Kettlebell Classes require an introductory course or equivalent Private Training. No Drop-Ins please.

** Private / Semi-Private Classes may be scheduled at any time throughout the day. Please call (208) 946-4855 to schedule an appointment.

FEES

- ~Unlimited Class Membership: Start at \$95/month
Please Enquire about Family/Couple Specials
- ~Mixed Martial Arts Only Membership: Start at \$60/month
- ~8 Class Card (Yoga Classes Only): \$80/ 3 month exp.
- ~Drop-Ins: \$14 (\$12 student) for Yoga
\$20 (\$18 student) for Kettlebells and MMA

Class Descriptions

Kettlebell Fitness Classes

Mixed Martial Arts Classes

Yoga Classes

KBs – Level 1: Total body strength, conditioning, mobility, and joint health in an efficient kettlebell workout. *Suitable for all ages and fitness levels*

KB Fit: Group sweat, strength, and fat-burning class focused on total body performance enhancement. *Levels 1/2*

Warrior Circuit: Fun, but intense circuit style class that will drastically improve cardio power as well as strength and muscular endurance. *Level 2*

Kettlebell Boot Camp: AM workouts designed to kick start the morning with full body transformation. Unlock the power of kettlebell training! *Level 1/2*

Brazilian Jiu Jitsu (BJJ): Comprehensive self-defense and ground fighting class teaching students effective technique in control and submission locks.

Muay Thai Kickboxing (MTKB): Traditional Thai kickboxing and conditioning class. Emphasis on striking skills from stand-up positions. *All levels.*

Kids BJJ: Brazilian Jiu Jitsu classes designed just for kids. A perfect blend of discipline, athletic development, and self-defense. *Ages 5 - 13*

Grappling/MMA: Non Gi Class focusing on techniques from BJJ, wrestling, and sombo. Introduces techniques used in MMA competition.

Vinyasa Krama (VK): A faster paced flow class that introduces challenging postures while focusing on energy movement and detoxification. By linking breath with intentional movement, **VK** will challenge and relax all elements of your being. *All Levels.*

Slow Flow (SF): In this class, more time is spent holding postures during a flow sequence. Class starts with a theme and a breathing exercise and ends in Savasana and a seated meditation. Experience the balance and freedom that **SF** provides. *All Levels.*

Deep Stretch: By using fundamental yoga techniques this class will greatly increase flexibility, injury resistance and reduce tension. *Perfect for athletes & beginners. A great way to recover/refuel from kettlebells. All Levels.*