

LASELVA MMA FIGHTER FITNESS SCHEDULE

1836 S. Woodlawn 260-6595 LaselvaMMA.com

FF = FIGHTER FITNESS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--------|---------|-----------|----------|--------|----------|
| 6:00 | FF | FF | FF | FF | FF | |
| 6:30 | | | | | | |
| 7:00 | | | | | | |
| 7:30 | | | | | | |
| 8:00 | | | | | | |
| 8:30 | | | | | | |
| 9:00 | FF | FF | FF | FF | FF | FF |
| 9:30 | | | | | | |
| 10:00 | | | | | | |
| 10:30 | | | | | | |
| 11:00 | | | | | | |
| 11:30 | | | | | | |
| 12:00 | FF | FF | FF | FF | FF | |
| 12:30 | | | | | | |
| 1:00-4:00 | | | | | | |
| 4:30 | FF | FF | FF | FF | FF | |
| 5:00 | | | | | | |
| 5:30 | FF | FF | FF | FF | FF | |
| 6:00 | | | | | | |
| 6:30 | FF | FF | FF | FF | | |
| 7:00 | | | | | | |

Gym hours: M-Th 6 am – 8:30 pm
 Fri 6 am – 1 pm, 5:30 – 6:30 pm
 Sat 9 am – Noon