



XTREME KICKBOXING & MUAY THAI

Get started for only \$29 and we'll throw in Boxing Gloves for Free!

BRAZILIAN JIU JITSU

Get started for only \$39 and we'll throw in a Gi Uniform for Free!

Offering world-class martial arts training to our World Class Family of Students for over 35 years. You don't have to be an expert to grow with us, you just need desire and a willingness to learn and challenge your mind & body to new heights. Practicing martial arts is much more than learning self-defense. It's a fun and healthy family activity, that will challenge you to become the best version of yourself.

Call (661) 833-3367 and get started today!

Lil' Dragons (ages 4-6) & Senior Kids (ages 7-13)

Lil' Dragon's Martial Art classes are specially designed for children ages 4-6. Older kids ages 7-13 can learn valuable skills at our Jiu Jitsu and Kickboxing classes.

Mon	Tues	Wed	Thur	Fri	Sat
Kid's Kickboxing / Muay Thai (ages 7-13) 45-min. classes					Senior Kids
3:15 pm	3:15 pm	3:15 pm	3:15 pm		11:15am
Lil Dragon's Kickboxing / Muay Thai (ages 4-6) 30-min. classes					
3:30 pm	3:30 pm	3:30 pm			
Kid's Kickboxing / Muay Thai (ages 7-13) 45-min. classes					
4:15pm	4:15pm	4:15pm	4:15pm	4:15pm (sparring)	
Kid's Jiu Jitsu (ages 7-14) 45-min. classes					
4:30 pm	4:30 pm	4:30 pm	4:30 pm	4:30 pm	
Lil' Dragon's Kickboxing / Muay Thai (ages 4-6) 30-min. classes					
4:30 pm	4:30 pm	4:30 pm			
Kid's Kickboxing / Muay Thai (ages 7-13) 45-min. classes					
5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm (sparring)	

Xtreme Kickboxing (55-min. classes)

Mon	Tues	Wed	Thur	Fri	Sat	Sun
5:15 am	5:15 am	5:15 am	5:15 am	5:15 am	10:00 am	10:00 am
10:00 am	10:00 am	10:00 am	10:00 am	10:00 am		
4:30 pm	4:30 pm	4:30 pm	4:30 pm	4:30 pm		
5:40 pm	5:40 pm	5:40 pm	5:40 pm	5:40 pm		
6:50 pm	6:50 pm	6:50 pm	6:50 pm			

Adult Martial Arts

Mon	Tues	Wed	Thur	Fri	Sat
Muay Thai Combat Kickboxing (90-min. classes)					
9:30 am	9:30 am	9:30 am	9:30 am		9:30 am
Brazilian Jiu Jitsu (90-min. classes)					
11:00 am	11:00 am	11:00 am	11:00 am		
Mixed Martial Arts (60-min. classes)					
5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm	
Muay Thai Combat Kickboxing (90-min. classes)					
6:30 pm	6:30 pm	6:30 pm	6:30 pm		

Mon	Tues	Wed	Thur	Fri	Sat
Beginners Brazilian Jiu Jitsu (60-min. classes)					
6:30 pm	6:30 pm	6:30 pm	6:30 pm	6:30 pm	
Advanced Competition No-Gi Brazilian Jiu Jitsu (60-min. classes)					
7:40 pm	7:40 pm	7:40 pm	7:40 pm	7:40 pm	