

# TEMPLE FITNESS MMA

Riverside's Ultimate Fitness & Training Center

(951) 274-3600

[www.templefitnessmma.com](http://www.templefitnessmma.com)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## **Aerobic Room**

9:00 am						ZUMBA	
10:00 am						TURBO KICK	
12:15 pm	ZUMBA	BOOTY BOOT CAMP	CARDIO KICKBOXING	AB ATTACK	YOGA	PILATES	
5:30 pm	TURBO KICK	R.I.P.P.E.D.	TURBO KICK	R.I.P.P.E.D.			
6:30 pm			PILATES				

## **Mat Room**

10:30 am						KIDS MMA	
11:30 am						MMA PRACTICE	
5:00 pm		KIDS WRESTLING					
6:00 pm	BOXING			BOXING			
7:00 pm	BJJ (NO GI)	MMA PRACTICE	BJJ (NO GI)	MMA PRACTICE	WRESTLING		
8:00 pm	BJJ (NO GI)	MMA PRACTICE	BJJ (NO GI)	MMA PRACTICE	WRESTLING		
9:00 pm	PRO TRAINING	PRO TRAINING	BJJ (NO GI)	PRO TRAINING	PRO TRAINING		

**ALL CLASSES ARE 60 MINUTES UNLESS SPECIFIED OTHERWISE**

### HOURS OF OPERATION

Monday-Thursday 4am-10pm

Friday 5am-9pm

Saturday 8am-6pm / Sunday 8am-3pm

### CAGE HOURS

Monday - Friday

7am-10am / 7pm-10pm

### CHILD CARE HOURS

Monday - Friday

8am-10am / 5pm-8pm

8am-10am / 5pm-8pm

\*\*\*Classes and class times are subject to change without notice\*\*\*

