



Highlands Ranch - West

EFFECTIVE 11/4/2025 - (303) 957-1899

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					ADULT KICKBOXING 7:00 - 7:45AM
	AGES 5-12 - LEVEL 1 4:15 - 4:55PM	AGES 5-7 - LEVEL 2 4:25 - 4:55PM	AGES 5-12 - LEVEL 1 4:15 - 4:55PM	AGES 8-12 - LEVEL 2 4:15 - 4:55PM	Brazilian Jiu Jitsu 7:50 - 8:50am
	AGES 5-7 - LEVEL 2 5:00 - 5:30PM	AGES 5-12 - LEVEL 1 5:00 - 5:40PM	AGES 5-7 - LEVEL 2 5:00 - 5:30PM	AGES 5-12 - LEVEL 1 5:00 - 5:40PM	AGES 5-7 - LEVEL 2 9:00 - 9:30AM
	AGES 8-12 - LEVEL 2 5:35 - 6:15PM	FAMILY CLASS 5:45 - 6:25PM	AGES 8-12 - LEVEL 2 5:35 - 6:15PM	FAMILY CLASS 5:45 - 6:25PM	AGES 8-12 - LEVEL 2 9:35 - 10:30AM
	FAMILY CLASS 6:20 - 7:00PM	LEVEL 3+ 6:30PM - 7:10PM	FAMILY CLASS 6:20 - 7:00PM	LEVEL 3+ 6:30PM - 7:10PM	FAMILY CLASS 10:35 - 11:05AM
	Brazilian Jiu Jitsu 7:15 - 8:15pm	Brazilian Jiu Jitsu 7:15 - 8:15pm	Brazilian Jiu Jitsu 7:15 - 8:15pm	Brazilian Jiu Jitsu 7:15 - 8:15pm	COMP TEAM 11:30 - 1:00PM

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