

Finney's HIT Schedule

(618)452-8561

www.thehitsquad.com

MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
					9:00-10:30am Judo (Mat)	
9:30-10:30am Strength and Conditioning (Invite Only)	9:30-10:30am Strength and Conditioning (Invite Only)	9:30-10:30am Strength and Conditioning (Invite Only)	9:30-10:30am Strength and Conditioning (Invite Only)	9:30-10:30am Strength and Conditioning (Invite Only)	9:00-10:00 Coed Kickboxing (Ring/Bags)	
					11:30- 12:30pm NO-GI Jiu-jitsu (Mat)	
					12:30-1:30pm Open Mat (Mat)	
4:00-5:30pm MMA Training (Invite Only)	4:00-5:30pm MMA Training (Invite Only)	4:00-5:30pm MMA Training (Invite Only)	4:00-5:30pm MMA Training (Invite Only)	4:00-5:30pm MMA Training (Invite Only)		
5:30-6:30pm MMA Class (Mat)	5:30-6:30pm MMA Class (Mat)	5:30-6:30pm MMA Class (Mat)	5:30-6:30pm MMA Class (Mat)			
6:00-7:00pm Coed Kickboxing/ Boxing (Ring/Bags)	5:30-6:30pm Judo (Mat)	6:00-7:00pm Coed Kickboxing/ Boxing (Ring/Bags)	5:30-6:30pm Judo (Mat)			
6:30-7:30pm GI Jiu-Jitsu (Mat)	6:30-7:30pm NO-GI Jiu-Jitsu (Mat)	6:30-7:30pm GI Jiu-Jitsu (Mat)	6:30-7:30pm NO-GI Jiu-Jitsu (Mat)			
	7:30-8:30pm Coed Kickboxing (Ring/Bags)		7:30-8:30pm Coed Kickboxing (Ring/Bags)			

Invite Only Classes