

JUNGLE

A Mixed Martial Arts Gym

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-5:00pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training (8:00am-11:00am)
8:30am-9:30am	Boxing Bootcamp		Boxing Bootcamp		Boxing Bootcamp	
4:45pm-5:30pm	Advanced Thai Boxing Games4Kids	Beginner Thai Boxing Games4Kids	Advanced Thai Boxing Games4Kids	Beginner Thai Boxing Games4Kids		Hard-Day Kettlebell Bootcamp (11:00am-11:45am)
5:30pm-7:00pm	Brazilian JiuJitsu	Thai Boxing Fundamental	Brazilian JiuJitsu	Thai Boxing Fundamental	Brazilian JiuJitsu	Thai Boxing Fundamental (11:45am-1:15pm)
7:00pm-7:45pm	Easy-Day Kettlebell Bootcamp	Hard-Day Kettlebell Bootcamp	Easy-Day Kettlebell Bootcamp	Hard-Day Kettlebell Bootcamp	Easy-Day Kettlebell Bootcamp	No Gi JiuJitsu (1:15pm-2:45pm)
7:45pm-9:15pm	Advanced Thai Boxing	No Gi JiuJitsu	Advanced Thai Boxing	No Gi JiuJitsu	Advanced Thai Boxing	Personal Training (3:00pm-5:00pm)

www.JungleMiami.com

(786) 738-3841

FRIDAYS ARE ALWAYS FREE