

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|-----------------|--|------------------|---|-----------------|-----------------|--------------------------------|
| 8:30 – 9:30 am | Adult All Level | | Adult All Level | | | | |
| 9:00 – 10:00 am | | | | | | Little Dragon | |
| 9:30 - 10:30 am | | | | | | | |
| 9:30 – 11:00 am | | | | | | | Open Mat (\$15 Non-Members) |
| 10:00 – 11:00 am | | | | | | Youth | |
| 11:00 am - 12:30 pm | | | | | | Adult All Level | |
| 4:15 - 5:00 pm | Little Dragons | | Little Dragons | | Little Dragons | | |
| 4:30 -5:15 pm | | Little Dragons No-Gi (5yr to 9 yr old) | | Little Dragons No-Gi (5yr to 9 yr old) | | | |
| 5:00 - 6:00 pm | Youth | | Youth | | Youth | | |
| 5:15-6:15 pm | | Youth / Teen No-Gi (10 yr to 15 yr old) | | Youth / Teen MMA (10 yr to 15 yr old) | | | |
| 6:00 - 7:00 pm | Adult Beginners | | Fight Foundation | | | | |
| 6:15-7:15 pm | | Adult Beginners | | Adult Beginners | | | |
| 6:00 - 7:30 pm | | | | | Adult All Level | | |
| 7:00 - 8:30 pm | Adult All Level | | Adult All Level | | | | |
| 7:15 – 8:15 pm | | Adult No-Gi | | Adult No-Gi | | | |

Yale Street Wrestling Club–908-858-5556/ info@yalestreetwc.com

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|---|---------|---|----------|----------|---|---------|
| 10:00 – 11:00 am | | | | | | Private Lesson Program (must be enrolled) | Level 1 |
| 11:00 – 12:30 pm | | | | | | | Level 2 |
| 5:00 – 8:00 pm | Private Lesson Program (must be enrolled) | | Private Lesson Program (must be enrolled) | | | | |
| 5:30– 6:30pm | | Level 1 | | Level 1 | | | |
| 6:00-7:30pm | | | | | Open Mat | | |
| 6:30 –8:00pm | | Level 2 | | Level 2 | | | |
| | | | | | | | |
| | | | | | | | |

EFFECTIVE 9/5/17

Shadow Boxing Academy – 908-858-5685 / info@shadowba.com

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--|--|--|--|---|-------------------------------------|
| 6:00 – 7:00 am | | Boxing Instruction Harold Knight | | Boxing Instruction Harold Knight | | |
| 9:00 – 10:00 am | Cardio / Conditioning Boxing Harold Knight | | Cardio / Conditioning Boxing Harold Knight | | Cardio / Conditioning Boxing Harold Knight | Boxing Instruction Harold Knight |
| 9:30 – 10:30 am | | | | | | |
| 5:30 – 6:30 pm | Youth Boxing Instruction | | Youth Boxing Instruction | | Youth Boxing Instruction | |
| 6:30 – 7:30 pm | Boxing Instruction Harold Knight | | Boxing Instruction Harold Knight | | Boxing Instruction Harold Knight | |
| 6:00 – 7:15 pm | | Boxing Instruction Gerry Cooney | | Boxing Instruction Gerry Cooney | | |
| 7:30 – 8:30 pm | | Cardio / Conditioning Boxing Harold Knight | | Cardio / Conditioning Boxing Harold Knight | Open Sparring (Free Members / \$15 non-members) | |

EFFECTIVE 9/5/17

Youth Boxing – 908-858-5685 / info@shadowba.com

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|---|---------|---|----------|---|----------|
| 5:30 – 6:30 pm | Youth Boxing Instruction with Harold Knight | | Youth Boxing Instruction with Harold Knight | | Youth Boxing Instruction with Harold Knight | |

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| Youth Boxing Instruction with Harold Knight | Traditional boxing instruction for all levels. Bag work, mitt work and boxing technique. Sparring is available within boxing ring. - Coach is Harold "Shadow" Knight. For youth athletes age 6 to 15 |
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EFFECTIVE 9/5/17



Located within Yeti MMA: 2507 Route 22 West, Scotch Plains, NJ 07076

Underground Strength Gym– 908-858-5898 / info@usg-nj.com

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------|--|
| 8:00 – 9:00 am | | | | | | Adult Session | |
| 8:30 – 9:30 am | | Adult Session | | Adult Session | | | |
| 9:00 – 10:00 am | | | | | | Session | |
| 9:30 – 10:30 am | | | | | | | Youth Session (Begins After Thanksgiving) |
| 4:00 – 5:00 pm | Youth Session | Youth Session | Session | Youth Session | Youth Session | | |
| 5:00 – 6:00 pm | Youth Session | Youth Session | Session | Youth Session | Youth Session | | |
| 6:00 – 7:00 pm | Youth Session | Youth Session | Session | Youth Session | Youth & Adult Session | | |
| 7:00 – 8:00 pm | Youth & Adult Session | Youth & Adult Session | Youth & Adult Session | Youth & Adult Session | | | |

EFFECTIVE 9/5/17