

8666 E. Shea Blvd.
 Scottsdale, Arizona
 (480) 941-5466



www.fightready.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	BOXING & BURN 6:00am-7:00am (Anthony)	BOXING & BURN 6:00am-7:00am (Anthony)	BOXING & BURN 6:00am-7:00am (Anthony)	BOXING & BURN 6:00am-7:00am (Anthony)	BOXING & BURN 6:00am-7:00am (Anthony)	
7:00 AM		Brazilian Jiu Jitsu 101 7:00am-8:00am (Paris)		Brazilian Jiu Jitsu 101 7:00am-8:00am (Paris)		
10:00 AM						Paragon Striking 10:00am-11:00am (Roman)
11:00 AM						BRAZILIAN JIU JITSU 11:00am-12:30pm (Paris)
						Sparring/Drilling 11am-12pm (Anthony)
12:00 PM	Paragon Striking 12:00pm-1:00pm (Roman)	Paragon Striking 12:00pm-1:00pm (Hyun)	Paragon Striking 12:00pm-1:00pm (Hyun)	Paragon Striking 12:00pm-1:00pm (Hyun)	Paragon Striking 12:00pm-1:00pm (Roman)	
	BRAZILIAN JIU JITSU 12:00pm-1:00pm (Paris/Heath)	BRAZILIAN JIU JITSU 12:00pm-1:00pm (Paris/Heath)	BRAZILIAN JIU JITSU 12:00pm-1:00pm (Heath)	BRAZILIAN JIU JITSU 12:00pm-1:00pm (Paris/Heath)	BRAZILIAN JIU JITSU 12:00pm-1:00pm (Heath)	
5:00pm	Boxing 5:00pm-6:00pm (John)	Kickboxing 5:00pm-6:00pm (John)	Boxing 5:00pm-6:00pm (John)	Kickboxing 5:00pm-6:00pm (John)		
5:00PM	Intro Paragon Striking 5:00pm-6:00pm (Bobby)	Intro Paragon Striking 5:00pm-6:00pm (Bobby)	Intro Paragon Striking 5:00pm-6:00pm (Bobby)	Intro Paragon Striking 5:00pm-6:00pm (Bobby)	Intro Paragon Striking 5:00pm-6:00pm (John)	
6:00PM		Striking/Fundamentals 6:00pm-7:00pm (Hyun)		Striking/Fundamentals 6:00pm-7:00pm (Hyun)	Paragon Striking 6:00pm-7:00pm (John)	
	Brazilian Jiu Jitsu 101 6:00pm-7:00pm (Paris/Heath)	Strength and Conditioning MMA (Chad)	Brazilian Jiu Jitsu 101 6:00pm-7:00pm (Paris/Heath)	Strength and Conditioning MMA (Chad)		
	Paragon Striking 6:00pm-7:00pm (John)	Paragon Striking 6:00pm-7:00pm (John)	Paragon Striking 6:00pm-7:00pm (John)	Paragon Striking 6:00pm-7:00pm (John)		
		Adult Wrestling 6:00pm-7:00pm (Jared)		Adult Wrestling 6:00pm-7:00pm (Jared)		
7:00PM	NO-GI 7:00pm-8:00pm (Bobby)	BRAZILIAN JIU JITSU 7:00pm-8:00pm (Paris/Heath)	NO-GI 7:00pm-8:00pm (Bobby)	BRAZILIAN JIU JITSU 7:00pm-8:00pm (Paris/Heath)	Competition Striking 7:15PM Invite Only (John Long)	
	BRAZILIAN JIU JITSU 7:00pm-8:00pm (Paris/Heath)	MUAY THAI 7:00PM-8:00PM (Bobby)	MUAY THAI 7:00PM-8:00PM (John)	MUAY THAI/ SPARRING 7:00PM-8:00PM (Bobby)		
8:00PM	Competition Striking 8:15PM Invite Only (John Long)	Competition Striking 8:15PM Invite Only (John Long)	Competition Striking 8:15PM Invite Only (John Long)	Competition Striking 8:15PM Invite Only (John Long)		