

<i>Brazilian Jiu Jitsu</i>	<i>Boxing</i>	<i>Muay Thai</i>	<i>Kick Boxing</i>
Monday 3:00pm (No Gi) Tuesday 7:00pm (No Gi) Thursday 7:00pm (Gi) Friday 3:00pm (Gi)	Wednesday 6:00pm	Wednesday 10:00am Thursday 6:00pm	Monday 10:00am Tuesday 7:00pm
<i>MMA Striking</i>	<i>SWAT Karate</i>	<i>EXTREME SWAT MMA</i>	<i>MMA Open Mat</i>
Tuesday 6:00pm	Monday 6:00pm Wednesday 6:00pm	Monday 7:00pm Wednesday 7:00pm	Tuesday 12:00 - 4:00 Wednesday 12:00-4:00 Thursday 12:00 - 4:00 Friday 4:00 - 7:00 Saturday 11:00am
<i>Yoga / Pilates</i>	<i>Core Strength</i>	<i>Abs Class</i>	<i>SWAT Strength</i>
Thursday 8:15am Saturday 8:30am "Group Class" *must pre-register* with Maressa 407-733-0893	Monday 5:00pm Monday 7:00pm Wednesday 5:00pm Wednesday 7:00pm	Friday 9:30am	Monday 6:45am Wednesday 6:45am Friday 6:45am
<i>Kids Karate</i>	<i>Kids BJJ</i>	<i>Womens Cardio Kick</i>	<i>Womens Fit</i>
MONDAY Beginner(3-7) - 4:00 Intermediate(8-12) - 5:00 WEDNESDAY Beginner(3-7) - 4:00 Intermediate(8-12) - 5:00	Tuesday 4:30pm Thursday 4:30pm Saturday 10:00pm	Tuesday 9:00am Thursday 9:00am	Monday 8:30am Wednesday 8:30am

Florida Fitness Center- New Home of "EXTREME SWAT MMA"

1319 Green Forest Ct, Winter Garden, FL 34787

Gym - 407-656-0122 ; Mike - 407-948-1258 ; Jeff - 407-488-7672