

8100 S.W. 81st Drive
 Miami, FL 33143
 (305) 403-7325
 www.thumpfightgym.com



Hours of Operation
 Monday—Thursday: 6am—10pm
 Friday: 6am—9pm
 Saturday: 8am—6pm
 Sunday: 8am—4pm

CURRENT AS OF 12/26/11

	MON	TUES	WED	THU	FRI	SAT	SUN
6:00 AM		CrossFit		CrossFit	CrossFit		
8:00 AM	CrossFit Fundamentals	CrossFit Fundamentals	CrossFit Fundamentals				
9:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
		Silver Sneakers *Louis*		Silver Sneakers *Jenny*			
10:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Boxing Bootcamp *Julio*	
						Spinning *Cindy*	
10:30 AM	Silver Sneakers *Jenny*		Silver Sneakers Yoga Stretch *Jenny*			CrossFit Intro	Yoga *Suzy*
11:00 AM		Fit N' Fun Seniors *Edith*		Fit N' Fun Seniors *Edith*	Fit N' Fun Seniors *Edith*		
11:30 AM						CrossFit Open Gym	
1:00 PM		Silver Sneakers *Laura R.*		Silver Sneakers *Laura R.*			
2:00 PM						Open Mat *Steve A.*	
4:00 PM	Kids Martial Arts & Self Defense (Advance)		Kids Martial Arts & Self Defense (Advance)	Kids Martial Arts & Self Defense (Advance)			
4:30 PM	Youth Boxing *Julio*		Youth Boxing *Julio*		Youth Boxing *Julio*		
5:00 PM	Kids Martial Arts & Self Defense (Beginners)	Pilates *Keith*	Kids Martial Arts & Self Defense (Beginners)	Kids Martial Arts & Self Defense (Beginners)	CrossFit		
	CrossFit	CrossFit	CrossFit	CrossFit			
6:00 PM	Boxing Bootcamp *Santiago*	Boxing Bootcamp *Duvy*	Boxing Bootcamp *Julio*	Boxing Bootcamp *Santiago*	Boxing Bootcamp *Julio*		
	Spinning *Monica*		Spinning *Monica*				
7:00 PM	CrossFit	Muay Thai *Mo*	CrossFit	Muay Thai *Orestes*	CrossFit		
	Spinning *Cindy*	Spinning *Cindy*	Spinning *Cindy*	Spinning *Cindy*			
	TRX Training *Steve A.* Limited Space	CrossFit	TRX Training *Steve A.* Limited Space	CrossFit TRX Training *Ana*			
8:00 PM	No-Gi Jiu-Jitsu	Brazilian Jiu-Jitsu *Giulio*	No-Gi Jiu-Jitsu Yoga	Self Defense / Brazilian Jiu-Jitsu *Giulio*			
	CrossFit Fundamentals	CrossFit Fundamentals	CrossFit Fundamentals				