

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

	MON	TUES	WED	THU	FRI	SAT	SUN
6:00 AM		Crossfit		Crossfit			
8:00 AM	Kick Boxing *Santiago*		Kick Boxing *Santiago*				
9:00 AM		Silver Sneakers *Louis*		Silver Sneakers *Jenny*			
10:00 AM						Boxing Workout *Julio*	
						Spinning *Cindy*	
10:30 AM	Silver Sneakers *Jenny*		Silver Sneakers Yoga Stretch *Jenny*				Yoga *Suzy*
11:00 AM		Fit N' Fun Seniors *Edith*		Fit N' Fun Seniors *Edith*	Fit N' Fun Seniors *Edith*		
11:30 AM	Body 4 U *Laura M.*		Body 4 U *Laura M.*			Crossfit Intro	
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)		Kids Martial Arts & Self Defense (Beginners)	Kids Martial Arts & Self Defense (Beginners)			
		Pilates *Keith*					
6:00 PM	Boxing Workout *Santiago*	Boxing Workout *Steven*	Boxing Workout *Julio*	Boxing Workout *Steven*	Boxing Workout *Julio*		
	Spinning *Monica*		Spinning *Monica*				
7:00 PM		Muay Thai *Steven*		Muay Thai *Orestes*			
	Spinning *Cindy*	Spinning *Cindy*	Spinning *Cindy*	Spinning *Cindy*			
	TRX Training *Steve A.* Limited Space		TRX Training *Steve A.* Limited Space				
8:00 PM	No-Gi Jiu-Jitsu	Brazilian Jiu-Jitsu *Giulio*	No-Gi Jiu-Jitsu	Self Defense / Brazilian Jiu-Jitsu *Giulio*			
			Yoga *Suzy*				