

ARENA TRAINING CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		8-12am Open Gym
6 am	Bootcamp		Bootcamp		Bootcamp		
7 am						7am Boot Camp	
9 am	Bootcamp	Bootcamp Zumba	Bootcamp	Bootcamp Zumba	Bootcamp	8am Slow Flow	
10 am		<i>Body Hackers</i>		<i>Body Hackers</i>		Taekwondo, 4-14yrs Boxing (All levels)	
11 am	Boxing		Boxing		Boxing	<i>Body Hackers</i>	
12 pm	Adult All Levels Brazilian Jiu Jitsu		Adult All Levels Brazilian Jiu Jitsu		Adult All Levels Brazilian Jiu Jitsu		
4 pm	Youth Boxing/ Kickboxing 8-13 yrs Taekwondo, Ages 4-7 (45 mins)*	Youth Fit 8-13 yrs	Youth Boxing/ Kickboxing 8-13 yrs Taekwondo, Ages 4-7 (45 mins)*	Youth Fit 8-13 yrs	Youth Boxing/ Kickboxing 8-13 yrs Taekwondo, Ages 4-7 (45 mins)*		
5:00pm	Taekwondo, 8-14 Bootcamp	Youth BJJ, Ages 4-7 (5pm-5:45)* Bootcamp	Taekwondo, 8-14 Bootcamp Capoeira	Youth BJJ, Ages 4-7 (5pm-5:45)* Bootcamp	Taekwondo, 8-14 Youth BJJ, Ages 4-7 (5pm-5:45)* Zumba Bootcamp		
5:45 pm		Youth Jiu Jitsu, Ages 8-13 (5:45-6:30pm)		Youth Jiu Jitsu, Ages 8-13 (5:45-6:30pm)	Youth Jiu Jitsu, Ages 8-13 (5:45-6:30pm)		
6 pm	<i>Body Hackers</i> Adult Fundamentals BJJ (6-6:45)	Kickboxing	<i>Body Hackers</i> Adult Fundamentals BJJ (6-6:45)	Kickboxing	<i>Body Hackers</i>		
6:30pm		All Levels BJJ Ages 14+ (6:30-8pm)		All Levels BJJ Ages 14 + (6:30-8pm)	Adult All Levels BJJ Ages 14 + (6:30-8pm)		
6:45pm	Advanced BJJ (6:45 -8pm)		Advanced BJJ (6:45 -8pm)				
7:00 pm	Boxing (All Levels)	**No Gi BJJ Boxing (All Levels)	Boxing (All Levels)	**No Gi BJJ Boxing (All Levels)	Boxing (All Levels)		

*All classes are one hour unless specified	LIVERMORE CRYO & FLOAT		
**BJJ fundamentals must be completed prior to attending No Gi BJJ	More info at LivermoreCryo.com Appointments email Livermorecryo@gmail.com		With Arena Membership
Guest Pass Full Day \$30	Cryotherapy (1 session)		\$45
For Private classes, please email info@arenastrong.com	Float (1 hour)		\$45
	Infrared Sauna (20 Minutes)		\$10
	Compression Therapy- Upper/Lower/Full body		\$12/\$20/\$28
			Non-Member Pricing
			\$55
			\$55
			\$15
			\$15/\$25/\$35