



FIGHTHOUSE

6770 Old 28th St SE, Grand Rapids, MI 49546

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1-616-914-5338

Contact the
office regarding
personal training



With the MINDBODY app, you
can join, pay fees, register,
and find class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM Fundamentals/ Advanced BJJ 60 Joe		6:00 AM Fundamentals/ Advanced BJJ 60 Joe		6:00 AM Fundamentals/ Advanced BJJ 60 Joe		
12:00 PM Fit Boxing 60 Jada	12:00 PM Fit Boxing 60 Jada	12:00 PM Fit Boxing 60 Jada	12:00 PM Fit Boxing 60 Jada	12:00 PM Fit Boxing 60 Jada	10:00 AM Little/Junior Warriors 45 (ages 5-12)	
4:30 PM Teen Warriors 60 (ages 13-16)	4:30 PM Little Warriors 45 (ages 5-7)	4:30 PM Teen Warriors 60 (ages 13-16)	4:30 PM Little Warriors 45 (ages 5-7)	4:30 PM Little Warriors 45 Junior Warriors 45 (ages 5-12)	11:00 AM Teen Warriors 45 (ages 13-16)	
	4:30PM Muay Thai Fitness 45 Ian		4:30PM Muay Thai Fitness 45 Ian	4:30PM Muay Thai Fitness 45 Ian	12:00 PM Fit Boxing 60 Leah K	
6:00 PM Fundamentals/ Advanced BJJ 60 Jadyson	5:15 PM Junior Warriors 45 (ages 8-12)	6:00 PM Fundamentals/ Advanced BJJ 60 Jadyson	5:15 PM Junior Warriors 45 (ages 8-12)	5:15 PM Teen Warriors 45 (ages 13-16)	12:00 PM Fundamentals/ Advanced BJJ 60 Jadyson	
6:30 PM Fit Boxing 60 Leah K.	6:00 PM Muay Thai 60 Jadyson	6:30 PM Fit Kickboxing 60 Leah K	5:30 PM Yoga 60 Leah R.	6:00 PM Fundamentals/ Advanced BJJ 60 Jadyson		
7:00PM Muay Thai 60 Jadyson		7:00PM Muay Thai 60 Jadyson	6:00 PM Muay Thai 60 Jadyson			
	7:00PM Fundamentals/ Advanced BJJ 60 Jadyson		7:00PM Fundamentals/ Advanced BJJ 60 Jadyson			