

TEAM TRAINING SCHEDULE



GLADIATOR

FIT KIDS

JR GLADIATOR

HYBRID XTREME

MON

TUE

WED

THU

FRI

SAT

MORNING

5:30

CAESAR



5:30

CAESAR



9:00

CAESAR



10:30

CAESAR



SUN

MORNING

AFTERNOON / EVENING

5:00

CAESAR



5:00

CAESAR



5:00

CAESAR



5:00

CAESAR



7:00

FUNCTIONAL
STRENGTH &
CONDITIONING

COACH: TJ

7:00

MOBILITY &
MOVEMENT

COACH: TIM

7:00

MARTIAL ARTS
SKILLS & DRILLS

COACH: SHAWN

RESERVATIONS REQUIRED FOR ALL CLASSES

TEAM TRAINING SCHEDULE



CLASS DESCRIPTIONS

GLADIATOR BOOTCAMP



GLADIATOR
BOOTCAMP

The Gladiator Bootcamp is a 60-minute class that incorporates light to moderate weight training, cardio, and kickboxing techniques! This dynamic and high-energy program will have its members feeling like they are part of a team. Along with strength-building exercises, you'll learn powerful kickboxing techniques to improve coordination, stamina, and agility, all while boosting your cardiovascular fitness.

Kickboxing is a full-body workout that blends martial arts and boxing, using punches, kicks, and footwork to engage multiple muscle groups, enhancing both strength and endurance. It's an effective way to burn calories, increase flexibility, and improve your mental focus. Whether you are looking to tone your body or relieve stress, kickboxing adds an exciting and challenging element to your fitness routine.

This class is perfect for anyone with goals of weight loss, muscle gain, fat burning, and overall health improvements. As a member of this program, you'll also gain access to a private Fitness page to help with your progress, providing motivation, nutritional pointers, and tips to MAXIMIZE your fitness goals! Coach Caesar is available to answer any questions and guide you throughout your journey.

FIT KIDS



FIT KIDS

The Fit Kids program is for children ages 5-8 years old. This is great to get your child meeting new kids their age, making new friends, as well as keeping them active! This program surrounds your child in a fun and challenging atmosphere with positive reinforcements, and also teaches them basics on staying healthy that they will be able to use for the rest of their lives! Your child will be doing team drills, improving their strength and overall wellness, and will be taught by motivated coaches in a structured learning environment. Let's get your child in the routine of staying healthy as well as having fun!

JR GLADIATORS



JR GLADIATORS

The JR Gladiators program is for children ages 8-12 years old. This class will help develop basic fundamentals in athletics, overall strength and health. Our JR Gladiator is fit for all kids looking to bring out the athlete within them! We offer everything your child will need for speed, agility, and team building skills. Bring your child in to help not only keep them active, but help them learn training skills they need to succeed in the future!

HYBRID XTREME

HYBRID
XTREME

Monday – Functional Strength & Conditioning (Coach TJ)

A functional strength and conditioning session mixing heavy lifts, explosive movements, and core-focused training. Expect a blend of deadlifts, kettlebell work, dynamic core drills, and med ball power moves to build strength, speed, and athleticism. Perfect for anyone looking to level up their total-body performance.

Wednesday – Mobility & Movement (Coach Tim)

Led by Timothy, this class focuses on functional strength, mobility, and metabolic flow. You'll combine mobility drills, sled pushes, sandbag cleans, kettlebell work, and balance training to keep your body moving well and feeling strong. Every session ends with a high-energy finisher to leave you feeling accomplished.

Friday – Martial Arts Skills & Drills (Coach Shawn)

This high-energy class blends martial arts fundamentals with full-body conditioning for a workout that builds skill, strength, and stamina. Each session combines striking drills, self-defense techniques, sparring practice, and core conditioning to challenge both your body and mind.