

Pacific Martial Arts
1295 Shaw Ave Clovis, CA 93612 (Inside Fit Republic)

<p><u>Brazilian Jiu Jitsu</u> Monday & Wednesday 4:30 - 5:15 youth 4-8 yrs 5:30pm - 6:30pm Youth/Teens 6:30pm - 8:00pm Adults</p> <p>Monday, Friday & Saturday 12noon - 1:30pm Adults</p> <p>Tuesday, Wednesday & Thursday 9:00am - 10:30am Adults</p> <p>Tuesday & Thursday 5:00pm - 6:00pm youth 6:00pm - 7:30pm Teens & Adults</p> <p>Friday 5:00pm - 6:00pm No-Gi 6:00pm - 7:00pm Gi</p>	<p><u>Muay Thai</u> Tuesday & Thursday 4:00pm - 4:50pm kids</p> <p>Tuesday & Thursday 7:30pm - 9:00pm Teens & Adults</p> <p>Saturday 10am - 12noon</p> <p><u>Tai Chi</u> Saturday 9:00am - 10:00am</p>
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6736 N. First St. (Inside Fit Republic)

Karate / Aiki Ju Jutsu

Monday & Wednesday

5:00pm - 6:00pm Kids All levels

6:00pm - 7:00pm All levels (kids & adults)

Friday

4:00pm - 5:00pm Kids all levels

5:00pm - 6:00pm Kids advanced

Saturday

10:00am - 11:00am Kids & Adults

11:00am - 12:00pm Kids & Adults

Brazilian Jiu-Jitsu

Monday - Friday

10:00am - 11:30am Adult

Monday & Wednesday

6:30pm – 7:30pm (comp team)

7:30 – 9:00pm Adult

Tuesday & Thursday

4:30pm - 5:30pm Kids

6:00pm - 7:30pm Teen & Adult

Monday & Friday

6:00am - 7:30am Adult

Sunday

12:30 – 2:00pm

Pacific Cardio Program

Monday - Thursday

5:30pm - 6:30pm

Historical European Fencing

Sunday

1:00pm - 3:30pm

Little Ninjas (3 - 6 yrs old)

Monday & Wednesday

4:30pm - 5:00pm

Wrestling

Tuesday & Thursday

7:30pm - 8:30pm

Sunday

3:30pm – 4:30pm

Eskrima (Weapons)

Monday & Wednesday

5:00pm - 6:00pm

Gymnastics for Athletic Performance

Tuesday & Thursday

5:30pm – 6:00

Pacific Martial Arts

6360 N Fig Garden Dr. Fresno, CA 93722 (Inside Fit Republic)

Bell's Kenpo Karate

Tuesday & Thursday

8:30-9:00am women's cardio

10:00-11:00am advanced Men

5:30-6:15pm Jr. yellow & orange belts

6:15-7:00pm Jr. purple & Blue

7:00-7:45 Jr. green and up

Brazilian Jiu Jitsu

New classes coming soon

Bell's Kenpo Karate

Monday & Wednesday

5:00-5:30pm 3 to 5 year olds

5:30-6:00pm 3 to 5 year olds

6:00-6:45pm 6 to 8 year olds

6:45-7:30pm 9-13 year olds

7:30-8:30 14years old and up

4774 N. Blackstone Ave. (Inside Fit Republic)

<p><u>Karate / Aiki Ju Jutsu</u> Tuesday & Thursday 5:00pm - 6:00pm Kids 6:00pm - 7:00pm Kids 6:00pm – 7:30pm Adults 7:30pm – 9:00pm TBA</p> <p><u>Little Ninjas (3 - 6 yrs old)</u> Tuesday & Thursday 4:30pm - 5:00pm</p> <p><u>Wrestling</u> Monday & Wednesday 6:30pm – 8:00pm 7yo and up</p> <p><u>Historical European Fencing</u> Sunday 1:00pm - 3:30pm</p>	<p><u>Brazilian Jiu-Jitsu</u> Monday, Wednesday & Friday 5:00pm - 6:00pm Kids</p> <p>Tuesday & Thursday 7:30pm - 9:00pm Adults</p> <p>Friday 5:30pm - 6:30pm Adult Fundamentals 6:30pm - 7:30pm Adult and Teen Open Mat</p> <p>Saturday 9:00am - 10:00am Kids 10:00am – 11:30am adults</p>	<p><u>Southeast Fresno Boxing</u> Monday - Friday 10:00am - 12:00pm All ages 4:00pm - 6:00pm All ages 6:00pm - 7:30pm All ages</p> <p><u>Tae Kwon Do</u> Monday & Wednesday 4:30pm - 5:30pm Kids 5:30pm - 6:30pm Adults <u>Coming Soon</u> Tuesday & Thursday</p> <p><u>Gymnastics</u> Monday & Wednesday 6:00pm – 6:30</p>
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4175 E Ashlan Ave Fresno, CA 93726 (Inside Fit Republic)

<p><u>Fresno Boxing Academy</u> Monday, Wednesday, & Friday 4:00pm – 6:00pm Teens and Adults</p> <p>Tuesday & Thursday 7:30pm – 9:00pm</p> <p>Saturday 10noon – 11:30am</p>	<p><u>Muay Thai</u> Monday, Wednesday & Friday 6:30pm – 8:00pm Teens and Adults Tuesday & Thursday 6:00pm – 7:30pm</p> <p><u>Combat Cardio</u> Monday - Friday 9am – 10am 12noon – 1pm</p>
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1635 E. street Fresno, CA 93706 (Inside Dungeon MMA)

<p><u>Brazilian Jiu Jitsu</u> Tuesday & Thursday 5:00pm - 6:30pm Teens & Adults</p>	<p>Questions??? Call 436-4641</p>
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