

Pacific Martial Arts

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

Brazilian Jiu Jitsu

Monday & Wednesday

4:30 - 5:15 Ages 4-8 yrs

5:30pm - 6:30pm Ages 12-16yrs

6:30pm - 8:00pm Ages 12+

Monday, Friday & Saturday

12noon - 1:30pm Adults

Tuesday, Wednesday & Thursday

9:00am - 10:30am Adults

Tuesday & Thursday

5:00pm - 6:00pm Ages 6-12yrs

6:00pm - 7:30pm Ages 12+

Friday

5:00pm - 6:00pm No-Gi Ages 12+

6:00pm - 7:00pm Gi Ages 12+

Muay Thai

Tuesday & Thursday

4:00pm - 4:50pm Ages 6-12yrs

Tuesday & Thursday

7:30pm - 9:00pm Ages 12+

Saturday

10am - 12noon Ages 12+

Tai Chi

Saturday

9:00am - 10:00am Ages 12+

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 Ages 12+

Monday & Friday
6:00am - 7:30am Ages 12+

Sunday
12:30 - 2:00pm Adults

Combat Cardio Program

Monday - Thursday
9am - 10am
12noon - 1pm
5:30pm - 6:30pm Ages 12+

Little Ninjas (3 - 6 yrs old)

Monday & Wednesday
4:30pm - 5:00pm

Wrestling

Tuesday & Thursday
7:30pm - 8:30pm Ages 7+
Sunday
3:30pm - 4:30pm

Eskrima (Weapons)

Monday & Wednesday
5:00pm - 6:00pm

Gymnastics for Athletic Performance

Tuesday & Thursday
5:30pm - 6:00

Muay Thai

Monday & Wednesday
7:30 - 9:00 Ages 12+
Tuesday & Thursday
6:30pm - 8:00pm Ages 12+

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

Wednesday 10:00am fundamentals

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-Jujutsu</u> Tuesday 5:00pm - 6:00pm Kids</p> <p>Thursday 5:00pm - 6:00pm Kids 6:00pm – 7:00pm Kenjutsu (by invitation) 7:30pm – 9:00pm by invitation</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 Ages 12+</p>	<p><u>Brazilian Jiu-Jitsu</u></p> <p>Monday, Wednesday & Friday 5:00pm - 6:00pm Ages 5+</p> <p>Tuesday 7:30pm - 9:00pm Ages 12+</p> <p>Friday 5:30pm - 6:30pm Ages 12+ Fundamentals 6:30pm - 7:30pm by invitation</p> <p>Saturday 9:00am - 10:00am Kids 10:00am – 11:30am Ages 12+</p>	<p><u>Southeast Fresno Boxing</u> Monday - Friday 10:00am - 12:00pm ages 10+ 4:00pm - 6:00pm ages 10+ 6:00pm - 7:30pm ages 10+</p> <p><u>Tae Kwon Do</u> Monday & Wednesday 4:30pm - 5:30pm Kids 5:30pm - 6:30pm Ages 12+ <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>MMA</u> Monday – Friday 9:00am – 11:00am Monday Wednesday, & Friday 5:30pm – 6:30pm kids 6:30pm – 7:30pm adults 7:30pm – 8:30pm adults Saturday 10:30am – 12:00am adults</p> <p>Questions??? Call 559-436-4641</p>	<p><u>Women’s Cardio Kickboxing</u> Tuesday & Thursday 6:30pm – 7:30pm Saturday 9:30am-10:30 am kids</p> <p><u>Kajukenbo</u> Tuesday & Thursday 7:30pm – 8:30pm</p> <p><u>Brazilian Jiu Jitsu</u> Tuesday & Thursday 5:00pm - 6:30pm Teens & Adults</p>
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2851 Whitson St, Selma, CA 93662 (Inside Fit Republic)

<p><u>Kenpo Karate</u> Monday, Wednesday, & Friday 5:30 – 6:00pm 3yrs -5yrs old 6:00 – 6:45 6yrs – 9yrs old 6:45 – 7:30 10yrs and up</p>	<p><u>Brazilian jiu jitsu</u> Tuesday & Thursday 5:30 – 6:30pm youth 6:30 – 8:00pm teens and adults Questions??? Call 559-436-4641</p>
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