

COMBAT FITNESS

RAPACON'S MARTIAL ARTS

4380 Sonoma Blvd. Ste. 200 Vallejo, Ca 94589

Monday & Wednesday 4:15 pm-7:45 pm

CLASS/INSTRUCTOR	TIME	LOCATION
Mini Maniac Boxing- <i>Black Belt Instructors</i>	4:30 PM (Monday)	Main Mat
Mini Maniac MMA- <i>Black Belt Instructors</i>	4:30 PM (Wednesday)	Main Mat
Boxing-Coach Roque	5:00 PM	Back Mat
Youth & Teen Kajukenbo- <i>Black Belt Instructors</i>	5:30 PM	Main Mat
Asylum Workout-Coach Roque <i>& DJ</i>	6:00 PM	Back Mat
Jiu-Jitsu/Wrestling-Coach <i>Roque & Team</i>	6:30 PM	Back Mat
Adult Kajukenbo-Black Belt <i>Instructors</i>	6:30 PM	Main Mat

Tuesday & Thursday 5:15 pm-7:45 pm

CLASS/INSTRUCTOR	TIME	LOCATION
American Muay Thai Kickboxing- <i>Coach Roque</i>	5:30 PM	Main Mat
ComFit Strength & Conditioning- Coach Roque	6:30 PM	Main Mat
Mixed Martial Arts (MMA) Drilling	6:30 PM (Thursday)	Back Mat

Saturday 9:45 am-11:15 am

CLASS/INSTRUCTOR	TIME	LOCATION
Pee Wee Kajukenbo- <i>Black Belt Instructors</i>	10:00 AM	Main Mat