



## ADULTS Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MUAY THAI</b>		6:30PM - 8PM		6:30PM - 8PM		2:30PM - 4PM
<b>WRESTLING</b>	6:30PM - 8PM		6:30PM - 8PM		6:30PM - 8PM	
<b>JIU-JITSU</b>		6:30PM - 7:30PM		6:30PM - 7:30PM		2:30PM - 4PM

## KIDS Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MUAY THAI</b> (Level 1)		4:30PM - 5:30PM		4:30PM - 5:30PM		12PM - 1PM
<b>MUAY THAI</b> (Level 2)		5:30PM - 6:30PM		5:30PM - 6:30PM		1PM - 2PM
<b>WRESTLING</b>	5PM - 6:30PM		5PM - 6:30PM		5PM - 6:30PM	
<b>JIU-JITSU</b>		5:30PM - 6:30PM		5:30PM - 6:30PM		

LOCATION	WEBSITE	PHONE	EMAIL	INSTAGRAM	PREMIER TRAINING CENTER
9517 N Milwaukee Ave Niles, IL 60714	<a href="http://fitandfightgym.com">fitandfightgym.com</a>	847-707-3727	<a href="mailto:ffgymchicago@gmail.com">ffgymchicago@gmail.com</a>	<a href="https://www.instagram.com/fit_and_fight_usa">fit_and_fight_usa</a>	Muay Thai, Jiu-Jitsu, Wrestling