



2017 Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HD Fitness	5:30-6:30am 5-6pm		5:30-6:30am 5-6pm		5:30-6:30am 5-6pm		
HD Jiu Jitsu	Noon-1pm	Noon-1pm	Noon-1pm	Noon-1pm			
Open Gym						Noon-5pm	Noon-3pm
HD Beginner Jiu Jitsu	6-7pm	6-7pm	6-7pm	6-7pm			
HD Youth Wrestling		6-7:15pm		6-7:15pm			2:30-3:45pm Strength & Conditioning
HD Advanced Jiu Jitsu	7-8pm	7-8pm	7-8pm	7-8pm			
HD Kickboxing	8-9pm	8-9pm	8-9pm	8-9pm			

716 Oakland Road, Ste 504 * Cedar Rapids, IA 52405
 319-241-3977 www.harddrivemma.com

