



MMA CLASS SCHEDULE

Class	Mon	Tues	Wed	Thurs	Fri	Sat
Beginner Dragons (5-7yrs)	4:00 - 4:30	5:00 - 5:30 (Primary)	4:00 - 4:30	5:00 - 5:30 (Primary)		11:30 - 12:00
Int./Adv. Dragons (5-7yrs)	4:00 - 4:30	5:30 - 6:00 (Primary)	4:00 - 4:30	5:30 - 6:00 (Primary)		11:30 - 12:00
Beginner Junior	4:30 - 5:00	6:00 - 7:00 (Primary)	4:30 - 5:00	6:00 - 7:00 (Primary)		12:00 - 12:30
Int. Junior	5:00 - 6:00 (Primary)	6:00 - 7:00	5:00 - 6:00 (Primary)	6:00 - 7:00		12:00 - 12:30
Adv. Junior	6:00 - 7:00 (Primary)	6:00 - 7:00	6:00 - 7:00 (Primary)	6:00 - 7:00		12:00 - 12:30
Adult Beginner	11:30 am	7:00 - 8:00 (Primary)	11:30 am	7:00 - 8:00 (Primary)	11:30 am	12:30 - 1:15
Adult Int./Adv.	11:30 am	8:00 - ? (Primary)	11:30 am	8:00 - ? (Primary)	11:30 am	12:30 - 1:15
BJJ (Gi)	7:00 - 8:00	11:30-12:30pm	7:00 - 8:00	11:30-12:30pm		
Elite Team	7:00 - 8:00 BJJ 8:00 - 8:45 Striking	5:00 - 6:00 5:00 - 6:00 Jiu-jitsu	7:00 - 8:00 BJJ 8:00 - 8:45 Striking	5:00 - 6:00 5:00 - 6:00 Jiu-jitsu		Elite Fight Class 9:00 - 10:00

AMERICAN MIXED MARTIAL ARTS

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