



# INTEGRATED MMA

# TIMETABLE

| MON                                | TUES  | WED  | THURS                                  | FRI                                | SAT                                     |
|------------------------------------|---|--|--|------------------------------------|---|
| TRADITIONAL MARTIAL ARTS<br>6-7AM  | WRESTLING<br>6-7AM                                  |  |  | TRADITIONAL MARTIAL ARTS<br>6-7AM  |   |
| NOGI BJJ<br>7-8AM                  |   | NOGI BJJ<br>7-8AM                              |  | NOGI BJJ<br>7-8AM                  | TRADITIONAL MARTIAL ARTS<br>8:30-9:30AM |
| VETERANS MMA<br>9:30-10:30AM       | NOGI BJJ<br>9:30-10:30AM                            | VETERAN & FIRST RESPONDERS MMA<br>9:30-10:30AM | NOGI BJJ<br>9:30-10:30AM               | VETERANS MMA<br>9:30-10:30AM       | OPEN MAT<br>9:30-10:30AM                |
| KIDS MMA 8-12 YEARS<br>3:45-4:30PM | KIDS & TEENS COMP TEAM (INVITE ONLY)<br>3:45-4:45PM | KIDS MMA 8-12 YEARS<br>3:45-4:30PM             | LITTLE NINJAS 5-7 YEARS<br>3:45-4:30PM | KIDS MMA 8-12 YEARS<br>3:45-4:30PM |   |
| TEENS MMA 13+<br>4:30-5:30PM       |   | TEENS MMA 13+<br>4:30-5:30PM                   | TEENS MMA 13+<br>4:30-5:30PM           | TEENS MMA 13+<br>4:30-5:30PM       |   |
| SPARRING<br>5:30-6PM               |   | SPARRING<br>5:30-6PM                           | SPARRING<br>5:30-6PM                   |                                    |   |
| MMA STRIKING<br>6-7PM              | ADVANCED MMA (BLUE BELT OR HIGHER)<br>6-7PM         | MMA STRIKING<br>6-7PM                          | MMA STRIKING<br>6-7PM                  | OPEN MAT<br>6-7PM                  |   |
| NOGI BJJ<br>7-8PM                  | OPEN MAT<br>7-8PM                                   | NOGI BJJ<br>7-8PM                              | WRESTLING<br>7-8PM                     |                                    |   |

Timetable subject to change without prior notice.