



INTEGRATED MMA

TIMETABLE

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

Timetable subject to change without prior notice.