



Fight and Fitness MMA Class Schedule

Open Most Holidays - Class schedule subject to change

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10am						Fitness Muay Thai Kickboxing <i>with Khristelle</i>	BJJ Team Open Mat (in Edison)
11am-12pm						MMA Strength & Conditioning*	
1130-1230	Fitness Muay Thai Kickboxing		Fitness Muay Thai Kickboxing		Fitness Muay Thai Kickboxing		Privates
1-3pm	Privates	Privates	Privates	Privates	Privates	BJJ <i>with Jucao</i>	Privates
3-6pm	Kids After School	Kids After School	Kids After School	Kids After School	Kids After School		
4:30-5pm	Knee High Ninjas <small>Ages 4-7</small>				Knee High Ninjas <small>Ages 4-7</small>		
5:15-6pm	Warrior Kids Muay Thai	Warrior Kids BJJ- coming soon		Warrior Kids BJJ	Warrior Kids Muay Thai		
6:15-7:30pm	Muay Thai Pads/Bags	BJJ		BJJ	Muay Thai		
7:45-9pm	BJJ Fundamentals	Muay Thai	Muay Thai Partner Drills	Muay Thai	BJJ (No Gi)		
			BJJ Fundamentals				

Fitness Muay Thai Kickboxing	Get in shape fast with punches, kicks, knees, elbows, and a wide variety of muscle toning exercises
Kids After School	Structured After School program that focuses on Character Education, Martial Arts Education, and Physical Education
Knee High Ninjas Ages 4-7	Our Knee High Ninja program is a fun way to get your kids moving. They will learn balance, coordination, and a great introduction to various martial arts. Don't be surprised when they ask to come back every day!
Warrior Kids Muay Thai	Kids will have an awesome and safe workout while learning modern MMA applications with boxing, kicking, and more
Warrior Kids BJJ	Designed to teach kids how to protect themselves on the ground with wrestling, submissions, and escapes
Muay Thai Pads/Bags	Get an amazing workout while learning and perfecting all your basic punches, kicks, knees, and elbows on pads & heavy bags
Muay Thai Partner Drills	Realistic exchanges to help you perfect sparring, with focus on combinations, proper distance, defense & offense
BJJ Fundamentals	Brazilian Jiu Jitsu basic techniques build a foundation and help you learn quickly. Encouraged for all levels
BJJ Brazilian Jiu Jitsu	Learn the best Brazilian Jiu Jitsu techniques, drills, and live rolling while getting a great workout
MMA Strength & Conditioning	(Appointment Only) Dynamic workout designed to increase strength, speed, balance, and overall fitness. Suitable for everyone