



# Fight and Fitness MMA Class Schedule

Open Most Holidays - Class schedule subject to change

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10am							BJJ Team Open Mat (in Edison)
1130-1230	Muay Thai Pads/Bags		Muay Thai		Muay Thai *Partner Drills		Privates
12pm-1pm						Warrior Kids BJJ	
1-3pm	Privates	Privates	Privates	Privates	Privates	BJJ	Privates
3-6pm	Kids After School	Kids After School	Kids After School	Kids After School	Kids After School		
4:30-5pm	Knee High Ninjas Ages 4-7				Knee High Ninjas Ages 4-7		
5:15-6:15pm	Warrior Kids Muay Thai	Warrior Kids BJJ		Warrior Kids BJJ	Warrior Kids Muay Thai		
6:15-7:30pm	Muay Thai Pads/Bags	BJJ	MMA Open Mat (630pm)	BJJ	Muay Thai		
7:45-9pm	BJJ Fundamentals	Muay Thai Pads/Bags	Muay Thai *Partner Drills	Muay Thai	BJJ (No Gi)		
			BJJ Fundamentals				

<b>Fitness Muay Thai Kickboxing</b>	Get in shape fast with punches, kicks, knees, elbows, and a wide variety of muscle toning exercises
<b>Kids After School</b>	Structured After School program that focuses on Character Education, Martial Arts Education, and Physical Education
<b>Knee High Ninjas</b> 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!
<b>Warrior Kids Muay Thai</b>	Kids will have an awesome and safe workout while learning modern MMA applications with boxing, kicking, and more
<b>Warrior Kids BJJ</b>	Designed to teach kids how to protect themselves on the ground with wrestling, submissions, and escapes
<b>Muay Thai Pads/Bags</b>	Get an amazing workout while learning and perfecting all your basic punches, kicks, knees, and elbows on pads & heavy bags
<b>Muay Thai *Partner Drills</b>	Realistic exchanges to help you perfect sparring, with focus on combinations, proper distance, defense & offense. *Gear Required
<b>BJJ Fundamentals</b>	Brazilian Jiu Jitsu basic techniques build a foundation and help you learn quickly. Encouraged for all levels
<b>BJJ Brazilian Jiu Jitsu</b>	Learn the best Brazilian Jiu Jitsu techniques, drills, and live rolling while getting a great workout