



Fight and Fitness MMA Class Schedule

SUMMER 2019

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10am							BJJ (Affiliate Schools)
1130-1230	Muay Thai Appointment Only		Muay Thai Appointment Only		Muay Thai Appointment Only	Privates	
12pm-1pm						Warrior Kids BJJ	Privates
1-3pm	Privates	Privates	Privates	Privates	Privates	BJJ	Privates
4:30-5pm	Knee High Ninjas Ages 4-6				Knee High Ninjas Ages 4-6		
5:15-6:15pm	Warrior Kids Muay Thai	Warrior Kids BJJ	(630-730pm)	Warrior Kids BJJ	Warrior Kids Muay Thai		BJJ (Affiliate Schools)
6:15-7:30pm	Muay Thai Level I	BJJ	MMA/BJJ Open Mat	BJJ	Muay Thai Level II		
7:45-9pm	BJJ Fundamentals	Muay Thai Level I	Muay Thai Level III	Muay Thai Level II	BJJ (No Gi) Open Mat 730pm		
			BJJ Fundamentals				

Open Most Holidays - Class schedule subject to change

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 4-6	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, judo throws, submissions, and escapes
Muay Thai Level I	Get an amazing workout while learning and perfecting all your basic punches, kicks, knees, and elbows on various pads & heavy bags. This class will get your blood pumping!
Muay Thai Level II	Level II will help you learn to defend yourself in a controlled setting without the fear of actually getting hit. You will warm-up with the basics and then learn intermediate level combinations, defense & offense, along with footwork and distance control. This class is recommended for everyone and light sparring is optional
Muay Thai Level III	Realistic exchanges to help you perfect sparring, with focus on combinations, set-ups, counters, defense & offense. *Sparring Gear Required and you must have experience/permission before joining this class
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
Privates	Private lessons are a great supplement to training for all ages and programs. They can help a beginner get better faster or help an advanced student with specific details. Privates are very customizable and available throughout the day with various instructors and rates