



# Fight and Fitness MMA Class Schedule

SUMMER 2021

	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		Warrior Kids BJJ	Warrior Kids Muay Thai		BJJ (Affiliate Schools)
6:15-7:30pm	Muay Thai Level I	BJJ	BJJ Fundamentals	BJJ	Muay Thai Level II		
7:45-9pm	BJJ Fundamentals	Muay Thai Level I	Muay Thai Level III	Muay Thai Level II	OpenMat 615pm BJJ (No Gi)		

*\*Early Morning Classes Available At Our Affiliate Schools*

*Open Most Holidays - Class schedule subject to change*

<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 Ages 4-6</b>	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, judo throws, submissions, and escapes
<b>Muay Thai Level I</b>	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!
<b>Muay Thai Level II</b>	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
<b>Muay Thai Level III</b>	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
<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
<b>Privates</b>	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