

CLASS SCHEDULE

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|---------------|---------------|----------------|---------------|----------------|---------------|----------------|---------------|----------------|---------------|----------------|-------------------|----------------|
| | Striking Room | Grappling Room | Striking Room | Grappling Room | Striking Room | Grappling Room | Striking Room | Grappling Room | Striking Room | Grappling Room | Striking Room | Grappling Room |
| 11:00-12:00pm | | | | | | | | | | | Into to Muay Thai | Open Wrestling |
| 12:00-1:00pm | Boxing | Jiu Jitsu | Boxing | | Boxing | Jiu Jitsu | Boxing | | Boxing | Jiu Jitsu | Int/Adv Muay Thai | Jiu Jitsu |
| 1:00-2:00pm | | | | | | | | | | | Boxing | MMA |
| 4:00-4:30pm | | Pro Team | | Pro Team | | Pro Team | | Pro Team | | Pro Team | | |
| 4:30-5:30pm | Wrestling | Pro Team | | Pro Team | Wrestling | Pro Team | | Pro Team | Wrestling | Pro Team | | |
| 5:30-6:30pm | Muay Thai | MMA | Boxing | Jiu Jitsu | Muay Thai | MMA | Boxing | Jiu Jitsu | Muay Thai | MMA | | |
| 6:30-7:30pm | Boxing | Jiu Jitsu | Muay Thai | MMA | Boxing | Jiu Jitsu | Muay Thai | MMA | Boxing | Jiu Jitsu | | |
| 7:30-8:30pm | Muay Thai | Jiu Jitsu | Boxing | Jiu Jitsu | Muay Thai | Jiu Jitsu | Boxing | Jiu Jitsu | Muay Thai | | | |

FOR SPECIFIC CLASS DESCRIPTIONS PLEASE VISIT OUR WEBSITE AT: WWW.THEARENAMMA.COM