

## CLASS SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Striking Room	Grappling Room	Striking Room	Grappling Room	Striking Room	Grappling Room	Striking Room	Grappling Room	Striking Room	Grappling Room	Striking Room	Grappling Room	Striking Room	Grappling Room
9:00am to 10:00am	Santos Training		Boxing		Santos Training		Boxing		Boxing					
10:30am to 12:00pm	Cyborg MMA			Jiu Jitsu	Cyborg MMA			Jiu Jitsu	Cyborg MMA		Boxing (Starts 11:00)	Jiu Jitsu (Starts 11:00)		Jiu Jitsu (Starts 11:00)
12:00pm to 1:00pm		Jiu Jitsu	Boxing			Jiu Jitsu	Boxing			Jiu Jitsu	Muay Thai	MMA	Muay Thai	
1:00pm to 2:00pm											Muay Thai	Jiu Jitsu		
4:00pm to 5:30pm	Wrestling (Starts 4:30)	Pro Team		Pro Team	Wrestling (Starts 4:30)	Pro Team		Pro Team	Wrestling (Starts 4:30)	Pro Team				
5:30pm to 6:30pm	Muay Thai	MMA	Boxing	Jiu Jitsu	Muay Thai	MMA	Boxing	Jiu Jitsu	Muay Thai	MMA				
6:30pm to 7:30pm	Boxing	Jiu Jitsu	Muay Thai	MMA	Boxing	Jiu Jitsu	Muay Thai	MMA	Boxing	Jiu Jitsu				
7:30pm to 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](http://WWW.THEARENAMMA.COM)