

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am-12:00pm	MMA	Jiu Jitsu	MMA	Jiu Jitsu	MMA	Open Mat
12:00-1:00pm	Jiu Jitsu	Boxing	Jiu Jitsu	Boxing	Jiu Jitsu	Jiu Jitsu (12:00-1:30pm)
1:00-2:30pm	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	MMA (1:30-2:30pm)
2:30-4:30pm	Pro Team	Pro Team	Pro Team	Pro Team	Pro Team	Muay Thai (2:30-3:30pm)
						Closed
4:30-5:30pm	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	Closed
5:30-6:30pm	MMA	Boxing	MMA	Boxing	MMA	Closed
6:30-7:30pm	Jiu Jitsu	Muay Thai	Jiu Jitsu	Muay Thai	Jiu Jitsu	Closed
7:30-8:30pm	Muay Thai	Jiu Jitsu	Muay Thai	Jiu Jitsu	Muay Thai	Closed

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