

# Fight Strong MMA Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jiu Jitsu 6am Chetty	Jiu Jitsu 6am Geo	Jiu Jitsu 6am Chetty	Jiu Jitsu 6am Geo		
	Boxing 9:00am		Boxing 9:00am		
Boxing 11:30	Jiu jitsu (All Levels) 11:30	Boxing 11:30	Jiu jitsu (All Levels) 11:30		Boxing 9:00am
Open Gym 12:30		Open Gym 12:30			Adult MMA 10:30am
Youth Jiu Jitsu 3:30 B (summer hours 10:30)		Youth Jiu Jitsu 3:30 B (summer hours 10:30)			Open Gym 9-11
Youth Jiu Jitsu 4:30 A (summer hours 10:30)	Youth MMA/ Boxing 4:30pm	Youth Jiu Jitsu 4:30 A (summer hours 10:30)	Youth MMA/ Boxing 4:30pm		
Fundamentals Gi Jiu-Jitsu 5:30	Fundamentals NoGi JiuJitsu 5:30	Fundamentals Gi Jiu-Jitsu 5:30	Fundamentals NoGi JiuJitsu 5:30	NoGi JiuJitsu 5:30	
Boxing 5:30	Boxing 5:30	Boxing 5:30	Boxing 5:30	Open Gym 5:30	
Advanced Gi Jiu-Jitsu 6:30	Advanced NoGi Jiu-Jitsu 6:30	Advanced Gi Jiu-Jitsu 6:30	Advanced NoGi Jiu-Jitsu 6:30		
Muay Thai 6:30	Adult MMA 6:30pm	Muay Thai 6:30	Adult MMA 6:30pm		<b>We are closed for all major holidays</b>
Wrestling 7:30					