

## Fight Strong MMA Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gi Jiu jitsu 6am		Gi Jiu jitsu 6am			
	Boxing 9:00am		Boxing 9:00am		
Boxing 11:30	Jiu jitsu (All Levels) 11:30	Boxing 11:30	Jiu jitsu (All Levels) 11:30	Muay Thai 11:30	Boxing 9:00am
Open Gym 12:30		Open Gym 12:30			Adult MMA 10:30am
Youth Jiu Jitsu (B) 3:30	Youth MMA/ Boxing 4:30pm	Youth Jiu Jitsu (B) 3:30	Youth MMA/ Boxing 4:30pm		Open Gym 10:30
Youth Jiu Jitsu (A) 4:30		Youth Jiu Jitsu (A) 4:30			NoGi Jiu Jitsu (All Levels) 10:30
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>