

Fight Strong MMA

949-218-5222

SAN CLEMENTE'S ELITE TRAINING FACILITY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------------------|---|-----------------------------------|-----------------------------------|---|
| No Gi Jiu jitsu 6-7am | | No Gi Jiu jitsu 6-7am | | | |
| | Boxing 9:00am | | Boxing 9:00am | | Women's only Jiu jitsu 8am (invite only) |
| Boxing 12:30 | No Gi Jiu Jitsu 11:30-12:30 | Boxing 12:30 | No Gi Jiu Jitsu 11:30-12:30 | | Boxing 9:00am |
| | | | | | MMA 10 am |
| Beginner Youth Jiu Jitsu 3:30 | Youth Boxing 4:30pm | Beginner Youth Jiu Jitsu 3:30 | Youth Boxing 4:30 | | Open Mat 12 |
| Intermediate and Advanced Youth Jiu Jitsu 4:30 | | Intermediate and Advanced Youth Jiu Jitsu 4:30 | | | |
| Gi jiu jitsu 5:30 | NoGi JiuJitsu 5:30-7 | Gi jiu jitsu 5:30 | NoGi JiuJitsu 5:30-7 | No Gi jiu jitsu 5-6:30 | |
| Muay Thai 5:30-6:30 | Boxing 5:30-6:30 | Muay Thai 5:30-6:30 | Boxing 5:30 | Open Striking & Boxing 5-8 | |
| Wrestling Camp 6:30-8 | Adult MMA 7-8:30 pm | Wrestling Camp 6:30-8 | Adult MMA 7-8:30 pm | Wrestling Camp 6:30-8 | |
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