

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 11:30	No Gi Jiu Jitsu 11:30-12:30	Boxing 11:30	No Gi Jiu Jitsu 11:30-12:30	Boxing 11:30	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	
	Adult MMA 7-8:30 pm		Adult MMA 7-8:30 pm		
				We are closed for all major	