

TEAMS_MMA

TRAINING SCHEDULE

MONDAY	7AM - 8AM INTERMEDIATE MMA STRIKING	4PM MAT 1 & 2 PRO / AMATEUR TEAM PRACTICE	530PM MAT 2 KIDS / TEENS JIU-JITSU	530PM MAT 1 INTERMEDIATE JIU-JITSU	630PM MAT 2 BEGINNER MUAY THAI	630PM MAT 1 ADVANCED MUAY THAI	730PM MAT 1 & 2 OPEN TRAINING MMA SPARRING MMA CARDIO
TUESDAY	7AM - 8AM INTERMEDIATE WRESTLING	4PM MAT 1 & 2 PRO / AMATEUR TEAM PRACTICE	530PM MAT 2 KIDS / TEENS BOXING	530PM MAT 1 INTERMEDIATE BOXING	630PM MAT 2 BEGINNER JIU-JITSU	630PM MAT 1 ADVANCED JIU-JITSU	730PM MAT 1 & 2 OPEN TRAINING MMA GRAPPLING
WEDNESDAY	7AM - 8AM INTERMEDIATE KICKBOXING	4PM MAT 1 & 2 PRO / AMATEUR TEAM PRACTICE	530PM MAT 2 KIDS / TEENS WRESTLING	530PM MAT 1 INTERMEDIATE JIU-JITSU	630PM MAT 2 BEGINNER MMA WRESTLING	630PM MAT 1 ADVANCED MMA WRESTLING	730PM MAT 1 & 2 OPEN TRAINING MMA SPARRING MMA CARDIO
THURSDAY	7AM - 8AM INTERMEDIATE WRESTLING	4PM MAT 1 & 2 PRO / AMATEUR TEAM PRACTICE	530PM MAT 2 KIDS / TEENS KICKBOXING	530PM MAT 1 INTERMEDIATE KICKBOXING	630PM MAT 2 BEGINNER JIU-JITSU	630PM MAT 1 ADVANCED JIU-JITSU	730PM MAT 1 & 2 OPEN TRAINING NCAA WRESTLING
FRIDAY	7AM - 8AM INTERMEDIATE MMA STRIKING	4PM MAT 1 & 2 PRO / AMATEUR TEAM PRACTICE	530PM MAT 2 KIDS / TEENS MMA SPARRING	530PM MAT 1 INTERMEDIATE MMA SKILLS	630PM MAT 2 BEGINNER MMA SPARRING	630PM MAT 1 ADVANCED MMA SPARRING	
SATURDAY	9AM - 11AM MAT 1 ADULTS / TEENS NO GI GRAPPLING	9AM - 11AM MAT 2 ADULTS / TEENS MMA SPARRING	10AM - 1130AM MAT 2 ADULTS / TEENS NCAA WRESTLING				



1172 THIRD AVE, CHULA VISTA, CA 91911 | 619-762-9467 | WWW.TEAMSMMA.COM