



342A WEST BOYLSTON ST, WEST BOYLSTON MA, 01583
 EMAIL: INFO@IMAWORCESTER.COM
 WWW.INTEGRATEDMARTIALARTS.COM

TIME	MON	TUE	WED	THU	FRI
09:30AM-10:30AM	ADULT BJJ	ADULT MUAY THAI	ADULT BJJ	ADULT MUAY THAI	ADULT BJJ
12:00PM-1:00PM	ADULT MUAY THAI	ADULT BJJ	ADULT MUAY THAI	ADULT BJJ	ADULT MUAY THAI
4:10PM-4:55PM	TINY TIGERS BJJ (AGE: 5-8)	TINY TIGERS MUAY THAI (AGE: 5-8)	TINY TIGERS BJJ (AGE: 5-8)	TINY TIGERS MUAY THAI (AGE: 5-8)	TINY TIGERS BJJ (AGE: 5-8)
5:00PM-5:45PM	MIGHTY DRAGONS BJJ/ADULT YOGA AGE: 9-13	MIGHTY DRAGONS MUAY THAI AGE: 9-13	MIGHTY DRAGONS BJJ/ADULT YOGA AGE: 9-13	MIGHTY DRAGONS MUAY THAI AGE: 9-13	MIGHTY DRAGONS BJJ/ADULT YOGA AGE: 9-13
6:00PM-7:00PM	ADULT GI BJJ	ADULT MUAY THAI	ADULT GI BJJ	ADULT MUAY THAI	ADULT BJJ ADULT MUAY THAI
7:00PM-8:00PM	ADULT NO GI BJJ (WRESTLING)	ADULT MMA	ADULT NO GI BJJ	ADULT MMA	



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TIME	SATURDAY	SUNDAY
9:00AM-9:45AM	TINY TIGERS BJJ (AGE: 5-8)	
10:00AM-1045AM	MIGHTY DRAGONS BJJ AGE: 9-13	
10:00AM-12:00PM		OPEN MAT/GYM