

EDGE HOBOKEN

WRESTLING || JIU-JITSU || MUAY THAI

BY DAVE ESPOSITO

MMA 101 Schedule: Wrestling, Muay Thai, Boxing

* **Means New Class: 8 New classes to the Schedule!**

Monday

5:00 pm	Open Mat	Free	1 hour
*6:00 pm	Muay Thai Conditioning	Gerald	1 hour
7:00 pm	Muay Thai: Beginner+ Intermediate	Gerald	1 hour
*8:00 pm	Wrestling: Open Practice (Drills + Live)	Adrian	1 hour
*8:00 pm	Muay Thai Conditioning	Elmer	1 hour

Tuesday

12:00 noon	Muay Thai: Beginner + Intermediate	Elmer	50min
6:00 pm	Wrestling: Beginner/Intermediate	Marsh	1 hour
*6:00 pm	Muay Thai Conditioning	Elmer	45min

Wednesday

4:30 pm	Wrestling: Pro Practice (invitation)		
*6:30 pm	Boxing: Beginner	Gerald	1 hour
7:30 pm	Muay Thai: Beginner + Intermediate	Gerald	1 hour
8:30 pm	Muay Thai: Advanced + Sparring (invitation)	Gerald	1 hour

Thursday

12:00 noon	Muay Thai: Beginner + Intermediate	Elmer	50min
6:45 pm	Muay Thai Conditioning	Elmer	45min
7:30 pm	Wrestling: Beginner + Intermediate	Bosak + Marsh	1 hour
*8:30 pm	Open Mat	Free	30min

Friday

5:00 pm	Open Mat (starting April 1 Freestyle Wrestling)	Free	1 hour
6:30 pm	MMA: Intermediate	Marsh + Kevin Mulhull	1 hour
*7:30 pm	Muay Thai Conditioning	Elmer	1 hour

Saturday

*11:00 am	Muay Thai Conditioning	Elmer	1 hour
12:00 pm	Open Mat: Mat 2	Free	1 hour

Open Mats, if listed as Free, do not count toward Limited classes for the week.

Weekly Hours: Monday-Friday 4pm – 10pm

Questions call 201.870.0719 or email Ray at StudentServices@edgehoboken.com

****Ask about our first day discount, for two free 30 minute private lessons****

Single Class Packages

Day Pass 101- one day training	30.00
10 Class Pass 101- 10 classes, 6month expiry	199.00

Recurring tuition plans, billed bi-weekly:

MMA 101:

Limited 101 (2 class/week)	139.00
Unlimited 101 (up to 15/week)	169.00

Intro Gear Package:

Includes: Edge Shirt, Wrestling Shoes or Boxing Gloves, Mouthpiece, Registration Fee
139.00