



NEUTRAL GROUND MARTIAL ARTS & FITNESS

2447 Plover Road, Plover, WI 54467

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15	Sixel's Circuit Fitness 30 Minute Workout 6:00-8:00am <i>*Need to Sign Up Online by 8pm the night prior www.ng-sp.com</i>		Sixel's Circuit Fitness 30 Minute Workout 6:00-8:00am <i>*Need to Sign Up Online by 8pm the night prior www.ng-sp.com</i>		Sixel's Circuit Fitness 30 Minute Workout 6:00-8:00am <i>*Need to Sign Up Online by 8pm the night prior www.ng-sp.com</i>	
6:30						
6:45						
7:00						
7:15						
7:30						
7:45						
8:00						
4:00	PRIVATE LESSONS AVAILABLE - Schedule one in person or go to www.ng-sp.com/get-my-free-week to pick a time					Open Mat <i>(Free & Open to the Public)</i> 9:00-10:30am
4:15						
4:30						
4:45	Kid's Martial Arts Beginners 4:30-5:30pm	Kid's Martial Arts Beginners 4:30-5:30pm	Kid's Martial Arts Intermediate 4:30-5:30pm		MMA Team Practice <i>(Invite Only)</i> 5:30-6:30pm	
5:00						
5:15						
5:30	Beginner Kickboxing 5:30-6:15pm	Beginner NoGi Jiu Jitsu - Wrestling 5:30-6:15pm	Beginner NoGi Jiu Jitsu 5:30-6:15pm	Beginner Kickboxing 5:30-6:15pm		
5:45						
6:00						
6:15	Beginner GI Jiu Jitsu 6:15pm-7:00pm	Beginner Kickboxing 6:15pm-7:00pm	Beginner Kickboxing 6:15pm-7:00pm	Beginner GI Jiu Jitsu 6:15pm-7:00pm		
6:30						
6:45						
7:00	Intermediate GI Jiu Jitsu 7:00-7:45pm	Intermediate Kickboxing 7:00-7:45pm	Intro to MMA 7:00-7:45pm <i>(All Members Welcomed)</i>	Intermediate GI Jiu Jitsu 7:00-7:45pm		
7:15						
7:30						
7:45						
New Members Always Welcome Sign up online or contact us for a free week trial. Consultation and membership options will be provided at first class Kickboxing, Jiu Jitsu, and Fitness Membership Options are available for Adults Student, Military, and Family Discounts Available						Fitness Classes Jiu Jitsu Classes Kickboxing Classes Kid's Martial Arts <i>*Any member can attend fitness classes</i>
715-544-6339 www.ng-sp.com info@ng-sp.com						