


# Combat Athlete Intro Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	<p>Available for One on One and Group Personal Training Sessions</p> <p>At any time (24/7) by appointment only</p> <p>For personal training rates please call or stop in</p> <p>All Classes are 1 hour</p>					11:00 AM	Level 1 BJJ
6:30 PM	MMA Intro Group A	MMA Intro Group A		MMA Intro Group A		 <p><b>WESTCHESTER FIGHT CLUB</b></p> <p><small>© COPYRIGHT WESTCHESTER FIGHT CLUB 2010</small></p>	
7:30	Level 1 Muay Thai	Level 1 BJJ	Level 1 Muay Thai	Level 1 BJJ	Level 1 BJJ		
8:30	MMA Intro Group B		MMA Intro Group B	MMA Intro Group B			