

# MMA Intro Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
9:30 AM		Intro Muay Thai		Intro Muay Thai		10:00 AM	Intro Muay Thai
	Available for One on One and Group Personal Training Sessions At any time (24/7) by appointment only For personal training rates please call or stop in  All Classes are 1 hour					11:00 AM	MMA Conditioning
						12	Boxing
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6:30	Intro Brazilian Jiu Jitsu	Intro Muay Thai	Strength Class	MMA Conditioning	Strength Class	MMA Conditioning	Intro Muay Thai
7:30	Intro Muay Thai	MMA Conditioning		Intro Muay Thai	Boxing		
8:30	Boxing			Intro Brazilian Jiu Jitsu	Intro Muay Thai		