



WEEKDAY SESSIONS

TINY TITANS (3-5YRS)	MONDAY OR WEDNESDAY 4:00-4:30PM
MMA BEGINNERS	MONDAY/WEDNESDAY 4:45-5:30PM
MMA INTERMEDIATE	MONDAY/WEDNESDAY 5:45-6:30PM
TEEN/ADULT BEGINNER MMA	MONDAY/WEDNESDAY 6:45-7:30PM
MMA ADVANCED	MONDAY/WEDNESDAY 7:45-8:30PM
MMA BEGINNERS	TUESDAY/THURSDAY 4:15-5:00PM
MMA ADVANCED	TUESDAY/THURSDAY 5:15-6:00PM
MMA BEGINNERS	TUESDAY/THURSDAY 6:15-7:00PM
MMA INTERMEDIATE	TUESDAY/THURSDAY 7:15-8:00PM
MMA BLACK BELTS	TUESDAY/THURSDAY 8:15-9:00PM
WOMEN'S SELF-DEFENSE	FRIDAY 5:45-6:30PM

SATURDAY SESSIONS

MMA BEGINNERS	9:00-9:30 AM
MASTERY BEGINNERS	9:30-10:00 AM
MMA INTERMEDIATE	10:00-10:30 AM
MASTERY INTERMEDIATE	10:30-11:00 AM
MMA ADVANCED	11:00-11:30 AM
MASTERY ADVANCED	11:30-12:00 PM
MMA BLACK BELTS	12:00-12:30PM
MASTERY BLACK BELTS	12:30-1:00 PM