



UPRISING MMA



	MON.		TUE.		WED.		THU.		FRI.		SAT.	
8:30	STRENGTH & CONDITIONING	MMA TRAINING		BAG CLASS			BAG CLASS		STRENGTH & CONDITIONING	MMA TRAINING		
10:00	NO GI JIU JITSU		BRAZILIAN JIU JITSU	MUAY THAI	NO GI JIU JITSU	BRAZILIAN JIU JITSU	MUAY THAI	NO GI JIU JITSU	KIDS BJJ (4-11)	W'S MUAY THAI		
11:00					STRENGTH & CONDITIONING						KIDS BJJ (AGES 12-17)	
12:00 PM	BOXING		MUAY THAI		BOXING		MUAY THAI		BOXING SPARRING (MEMBERS ONLY)	BRAZILIAN JIU JITSU	MUAY THAI	
3:00 PM												
4:00 PM	KIDS MUAY THAI (AGES 12-17)		KIDS BJJ (ages 12-17)		KIDS MMA (AGES 12-17)		KIDS BJJ (ages 12-17)		KIDS MUAY THAI (AGES 12-17)			
5:00 PM	KIDS MUAY THAI (AGES 4-11)		KIDS BJJ (AGES 4-11)		KIDS MMA (AGES 4-11)		KIDS BJJ (ages 4-11)		KIDS MUAY THAI (AGES 4-11)			
6:00 PM	NOGI JIU JITSU	BRAZILIAN JIU JITSU	W'S MUAY THAI		NO GI COMPETITION JIU JITSU	BRAZILIAN JIU JITSU	W'S MUAY THAI		NO GI JIU JITSU			
7:30 PM	BOXING		MUAY THAI		BOXING		MUAY THAI		BOXING			
8:30 PM	SUBMISSION WRESTLING (ADULT)		SPARRING (BIG GLOVES) (MEMBERS ONLY)		SPARRING (MEMBERS ONLY)		SPARRING (BIG GLOVES & MMA) (MEMBERS ONLY)					

6325 N. COMMERCE ST., NORTH LAS VEGAS NV, 89031 | 702.633.6745 | MAIN@UPRISINGMMA.COM | WWW.UPRISINGMMA.COM

INCLUDED WITH GRAPPLING PROGRAM

UPDATED ON

INCLUDED WITH STRIKING PROGRAM