

UPRISING MMA CLASS SCHEDULE

	MON.	TUE.	WED.	THU.	FRI	SAT
10:00	NO GI ADULT JIU JITSU	ADULT JIU JITSU MUAY THAI	NO GI ADULT JIU JITSU	ADULT JIU JITSU MUAY THAI	NO GI ADULT JIU JITSU	W's MUAY THAI KIDS JIU JITSU (4-9)
11:00	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING	KIDS JIU JITSU (AGES 10-13)
12:00 PM	BOXING	MUAY THAI	BOXING	MUAY THAI	SPARRING class (MEMBERS ONLY)	ADULT JIU JITSU MUAY THAI
1:00 PM						
4:00 PM	KIDS MUAY THAI (AGES 4 -7)	KIDS JIU JITSU (ages 4-7)	KIDS BOXING (AGES 4 -7)	KIDS JIU JITSU (ages 4-7)	KIDS MUAY THAI (AGES 4 -7)	
5:00 PM	KIDS MUAY THAI (AGES 8 -13)	KIDS JIU JITSU (ages 8-13)	KIDS BOXING (AGES 8 -13)	KIDS JIU JITSU (ages 8-13)	KIDS MUAY THAI (AGES 8 -13)	
6:00 PM	NO GI JIU JITSU	ADULT JIU JITSU	NOGI JIU JITSU	ADULT 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 (MEMBERS ONLY)	SPARRING class (MEMBERS ONLY)	MMA Class (MEMBERS ONLY)		

INCLUDED WITH GRAPPLING PROGRAM



INCLUDED WITH STRIKING PROGRAM



UPDATED ON