

NEW 374 MMA SCHEDULE JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Jiu Jitsu (self defense) Basics Bells/Bands/Bodyweight	Padwork Boxing/ Techniques	Jiu Jitsu (self defense) Basics Bells/Bands/Bodyweight	Padwork Boxing/ Techniques	Jiu Jitsu (self defense) Basics Bells/Bands/Bodyweight	
12:00PM	Open gym - Jiu Jitsu/Boxing/ Kickboxing/Weights	Open gym - Jiu Jitsu/Boxing/ Kickboxing/Weights	Open gym - Jiu Jitsu/Boxing/ Kickboxing/Weights	Open gym - Jiu Jitsu/Boxing/ Kickboxing/Weights	Open gym - Jiu Jitsu/Boxing/ Kickboxing/Weights	
1:00PM						Rolling Sparring 10am-2pm
5:00PM	Kids Kickboxing Teen Self Defense	Kids Jiu Jitsu Kettlebell/Bands/ Bodyweight	Kids Kickboxing Teen Self Defense	Kids Jiu Jitsu Kettlebell/Bands/ Bodyweight	Teen Self Defense	
6:00PM	Muay Thai/Kickboxing Beginner Class	Jiu Jitsu (beginners) Boxing	Muay Thai/Kickboxing Beginner Class	Jiu Jitsu (beginners) Boxing	Boxing (non sparring) Muay Thai/Kickboxing Beginner Class	
7:00PM	Muay Thai/Kickboxing Advanced Class	Advanced Jiu Jitsu 7:00-8:30	Muay Thai/Kickboxing Advanced Class	Advanced Jiu Jitsu 7:00-8:30	Muay Thai/Kickboxing Advanced Class	
8:00PM	No Gi		No Gi		No Gi	

Kids Classes are 10 and under
 Teen Classes 11 - 16
 Open Gym does not include instruction

All classes run 1 hour unless otherwise specified
 Showers available for morning and noon classes only

A L F A L O H A N Y
374 MMA
 EXISTENCE BEYOND DEFINITION

