

## NEW 374 MMA SCHEDULE JUNE '23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7:00AM</b>	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	
<b>9:00AM</b>						
<b>12:00PM</b>	40+ Jiu Jitsu Jiu Jitsu Rolling	40+ Jiu Jitsu Jiu Jitsu Rolling	40+ Jiu Jitsu Jiu Jitsu Rolling	40+ Jiu Jitsu Jiu Jitsu Rolling	40+ Jiu Jitsu Jiu Jitsu Rolling	
<b>1:00PM</b>						BJJ Rolling Boxing/Kickboxing Sparring 10am-2pm
<b>4:00PM</b>		Kids Jiu Jitsu		Kids Jiu Jitsu		
<b>5:00PM</b>	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	
<b>5:30PM</b>					Mobility	
<b>6:00PM</b>	Muay Thai/Kickboxing Beginner/Advanced Class	Jiu Jitsu (beginners) Boxing	Muay Thai/Kickboxing Beginner/Advanced Class	Jiu Jitsu (beginners) Boxing	Boxing (non sparring) Muay Thai/Kickboxing Beginner/Advanced Class	
<b>7:00PM</b>	Wrestling/No Gi	Advanced Jiu Jitsu 7:00-8:30	No Gi	Advanced Jiu Jitsu 7:00-8:30	No Gi	

Kids Classes are 10 and under

Teen Classes 11 - 16

Jiu Jitsu rolling does not include instruction

Saturday Sparring 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

