



# MMA (MIXED MARTIAL ARTS) SCHEDULE

EFFECTIVE JANUARY 1ST, 2022

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MMA (Mixed Martial Arts)	No Class	<i>Beginners</i> 6 PM - 7 PM	No Class	<i>Beginners</i> 6 PM - 7 PM	No Class	<i>Open Gym</i> 10AM - 2PM	CLOSED

*\*This schedule may be subject to change\**

**Beginners** = White and Yellow Belt  
**Advanced** = Green Belt and Up  
**Orientation** = First Time Students

Must have Clean Uniform  
Must have MMA Gloves, Shinguards,  
Mouthpiece, and NoGi apparel  
Please have good hygiene  
Please bring gym flip flops/sliders

Questions?  
Review your student Handbook

"RSVP" to Coach  720-827-7087

