



MIXED MARTIAL ARTS ACADEMY

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**BRAZILIAN JIU JITSU • BOXING • MUAY THAI
 KICKBOXING • GRAPPLING • FITNESS • CONDITIONING • MMA**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 AM - 11:00 AM MUAY THAI COACH YESSY		10:00 AM - 11:00 AM MUAY THAI COACH YESSY			
11:00 AM - 12:00 PM MUAY THAI COACH YESSI	11:00 AM - 12:00 PM BRAZILIAN JIU JITSU COACH YESSY		11:00 AM - 12:00 PM BRAZILIAN JIU JITSU COACH YESSY			11:00 AM - 12:00 PM MUAY THAI COACH YESSI
	2:00 PM - 5:00 PM OPEN GYM	2:00 PM - 5:00 PM OPEN GYM	2:00 PM - 5:00 PM OPEN GYM	2:00 PM - 5:00 PM OPEN GYM	2:00 PM - 5:00 PM OPEN GYM	
12:00 PM - 1:00 PM BRAZILIAN JIU JITSU COACH ROBERTO	5:00 PM - 6:00 PM MUAY THAI PROFESSOR PEREIRA	5:00 PM - 6:00 PM MUAY THAI PROFESSOR PEREIRA	5:00 PM - 6:00 PM MUAY THAI PROFESSOR PEREIRA	5:00 PM - 6:00 PM MUAY THAI PROFESSOR PEREIRA	5:00 PM - 6:00 PM MUAY THAI PROFESSOR PEREIRA	12:00 PM - 1:00 PM BRAZILIAN JIU JITSU COACH YESSI
	6:00 PM - 7:30 PM BRAZILIAN JIU JITSU PROFESSOR PEREIRA	6:00 PM - 7:30 PM BRAZILIAN JIU JITSU PROFESSOR PEREIRA	6:00 PM - 7:30 PM BRAZILIAN JIU JITSU PROFESSOR PEREIRA	6:00 PM - 7:30 PM BRAZILIAN JIU JITSU PROFESSOR PEREIRA	6:00 PM - 7:00 PM BRAZILIAN JIU JITSU PROFESSOR PEREIRA	

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GYM CLOSSES AT 8:30PM

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