



MARTIAL ARTS CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
Pilates/Yoga/ Weights 6:45 - 7:30 am		Pilates/Yoga/ Weights 6:45 - 7:30 am	Boxing 6 - 7pm	Pilates/Yoga/ Weights 6:45 - 7:30 am
Mixed Martial Arts 6 - 7 pm	JKD Unlimited (Sparring) 6 - 7:30 pm		Mixed Martial Arts 7 - 8 pm	
Kickboxing 7:00 - 8pm			Brazilian Jiu-Jitsu 8 - 9pm	
Brazilian Jiu-Jitsu 8-9pm				

Class Descriptions

Mixed Martial Arts - Techniques and drills from Kali, Kickboxing, Boxing, Wrestling and Brazilian Jiu-Jitsu that develop a solid MMA foundation. This is a non-sparring based class.

Kickboxing - *Ultimate fun meets the ultimate workout.* Tons of footwork, agility, speed, and power development drills on the focus pads and heavy bags, along with conditioning and flexibility training.

JKD Unlimited (Sparring) - Put your skills to the test in this class. Sparring drills in all the ranges. Perfect for realistic self-defense or preparing to compete.

Boxing / Panantukan - Often referred to as Dirty Boxing. A street oriented fighting system using punches, kicks, elbows, head butts, shoulder strikes and limb destructions.

Brazilian Jiu-Jitsu - A must have for your ground game. Takedowns, positional control, escapes and submissions, where size does not matter. A very empowering program for overcoming fear and building true self-confidence.

BEGINNING IN APRIL

**BRAZILIAN
JIU –JITSU
2 DAYS PER WEEK
MONDAYS
8-9pm
THURSDAYS
8-9pm**