ULTIMATE MMA TRAINING CENTER
MMA, WOMEN AND KIDS PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 11:00AM						MMA Striking Muay Thai/Boxing (Coming Soon)
11:00 - 12:00PM						MMA Grappling No Gi BJJ (Coming Soon)
4:30 - 5:00PM		Kids BJJ 4 to 6 Bully Proof Class All Levels		Kids BJJ 4 to 6 Bully Proof Class All Levels		
5:00 - 6:00 PM		Kids BJJ 7 & up Bully Proof Class Beg / Adv.		Kids BJJ 7 & up Bully Proof Class Beg / Adv.		
5:30 - 6:30 PM	Team Tugman Wrestling Youth Program		Team Tugman Wrestling Youth Program		Team Tugman Wrestling Youth Program	
6:30 - 7:30 PM	Team Tugman Wrestling High School	MMA Striking Muay Thai/Boxing All Levels	Team Tugman Wrestling High School	MMA Striking Muay Thai/Boxing All Levels	Team Tugman Wrestling High School	
7:30 - 9:00 PM	Team Tugman Wrestling ELITE	MMA Grappling No Gi BJJ All Levels	Team Tugman Wrestling ELITE	MMA Grappling No Gi BJJ All Levels	Team Tugman Wrestling ELITE	

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