Ultimate MMA Training Center, LLC
79 State Street, North Haven, CT

	MONDAY	***TUESDAY***	***WEDNESDAY***	***THURSDAY***	***FRIDAY***	***SATURDAY***
10:00 - 11:00 AM 11:00 - 12:00 PM						***Wrestling Club April - August***
11:00 - 12:00 PM	*BJJ / Wrestling No Gi Class All Levels*		*BJJ / Wrestling No Gi Class All Levels*		*BJJ / Wrestling No Gi Class All Levels*	*BJJ / Wrestling No Gi Class All Levels*
12:00 - 1:00 PM	*MMA Striking Muay Thai/Boxing All Levels*		*MMA Striking Muay Thai/Boxing All Levels*		*MMA Striking Muay Thai/Boxing Sparring*	
5:00 - 5:45 PM	*Kids Muay Thai KickBoxing Class Ages 4 - 8*	*Kids Muay Thai KickBoxing Class Ages 9 - 13*	*Kids Muay Thai KickBoxing Class Ages 4 - 8*	*Kids Muay Thai KickBoxing Class Ages 9 - 13*	*Kids Muay Thai Sparring Class Adv. Only - All Ages*	
5:45 - 6:30 PM	*Kids BJJ - Gi Bully Proof Class Ages 9 - 13*	*Kids BJJ - Gi Bully Proof Class Ages 4 - 8*	*Kids BJJ - Gi Bully Proof Class Ages 9 - 13*	*Kids BJJ - Gi Bully Proof Class Ages 4 - 8*	*Kids BJJ - No Gi Competition Class Adv. Only - All Ages*	
6:30 - 7:30 PM	*Brazilian Jiu-jitsu Gi Class - Beg. Fundamentals*	*BJJ / Wrestling No Gi Class - Adv. Blue Belt & up*	*Brazilian Jiu-jitsu Gi Class - Beg. Fundamentals*	*BJJ / Wrestling No Gi Class - Adv. Blue Belt & up*	*Brazilian Jiu-jitsu Gi Class All Levels*	
6:30 - 7:30 PM					*MMA Striking Muay Thai/Boxing Beg / Inter*	
7:30 - 8:30 PM		*Brazilian Jiu-jitsu No Gi Class - Beg. Fundamentals*		*Brazilian Jiu-jitsu No Gi Class - Beg. Fundamentals*		
7:30 - 8:30 PM	*MMA Striking Muay Thai/Boxing Beg / Inter*	*MMA Striking Muay Thai/Boxing Adv Only*	*MMA Striking Muay Thai/Boxing Beg / Inter*	*MMA Striking Muay Thai/Boxing Adv Only*		
7:30 - 9:00 PM	*Brazilian Jiu-jitsu Gi Class - Adv. Blue Belt & up*		*Brazilian Jiu-jitsu Gi Class - Adv. Blue Belt & up*			

www.ultimatemmact.com - 203-230-9017