ULTIMATE MMA TRAINING CENTER

MMA AND ADV. CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00 AM		*Womens Only* *Fitness Boot Camp*		*Womens Only* *Fitness Boot Camp*		*Womens Only* *Fitness Boot Camp*
10:00 - 11:00 AM		*MMA Striking* *Muay Thai/Boxing* *Beginner*	*Brazilian Jiu-jitsu* *Gi Class* *Fundamnetals*	*MMA Striking* *Muay Thai/Boxing* *Beginner*		*Brazilian Jiu-jitsu* *Fundamentals for Adults* *Team Tugman Wrestling* *Ages 7 to 14*
11:00 - 12:30 PM	*MMA Grappling* *Wrestling/Adv. No Gi* *Advanced 2*		*MMA Grappling* *No Gi BJJ* *Fundamentals*		*MMA Grappling* *Wrestling/Adv. No Gi* *Advanced 2*	*MMA Grappling* *No Gi Class* *Advanced 1*
4:30 - 5:30 PM	*Kids BJJ 4 to 7* *Bully Proof Class* *All Levels*		*Kids BJJ 4 to 7* *Bully Proof Class* *All Levels*			
5:30 - 6:30 PM	*Kids BJJ 8 to 10* *Bully Proof Class* *All Levels*	*Kids 11 to 14* *Brazilian Jiu-jitsu* *All Levels*	*Kids BJJ 8 to 10* *Bully Proof Class* *All Levels*	*Kids 11 to 14* *Brazilian Jiu-jitsu* *All Levels*	*Kids 8 to 14* *Pads / Sparring* *Adv. Muay Thai*	
5:30 - 6:30 PM		*Womens Only* *Fitness Boot Camp*		*Womens Only* *Fitness Boot Camp*		
6:30 - 7:30 PM	*Brazilian Jiu-jitsu* *Gi Class* *Fundamnetals*	*MMA Grappling* *No Gi BJJ* *Fundamentals*	*Brazilian Jiu-jitsu* *Gi Class* *Fundamnetals*	*MMA Grappling* *No Gi BJJ* *Fundamentals*	*Brazilian Jiu-jitsu* *Open Mat Gi / No Gi* *All Levels*	
6:30 - 7:30 PM	*Bag Room* *Open Training*	*Bag Room* *Open Training*	*Bag Room* *Open Training*	*Bag Room* *Open Training*	*MMA Striking A* *Beg.& Adv.* *Sparring*	
7:30 - 8:30 PM	*MMA Grappling* *No Gi Class* *Advanced 1*	*Brazilian Jiu-jitsu* *Gi Class* *Advanced 1*	*MMA Grappling* *No Gi Class* *Advanced 1*	*Brazilian Jiu-jitsu* *Gi Class* *Advanced 1*		
7:30 - 8:30 PM		*MMA Striking* *Muay Thai/Boxing* *Beg. / Inter.*		*MMA Striking* *Muay Thai/Boxing* *Beg. / Inter.*		
8:30 - 9:30 PM	*MMA Striking* *Muay Thai/Boxing* *Beg. & Adv.*	*Team Tugman* *Wrestling* *High School & up*	*MMA Striking* *Muay Thai/Boxing* *Beg. & Adv.*	*Team Tugman* *Wrestling* *High School & up*		

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