

ADULT PROGRAM

Required Equipment for Classes



Muay Thai Kickboxing (Pad work), MMA Workout, Boxing – hand wraps, gloves, and mouthpiece
Muay Thai (Drilling), Advanced. MMA – hand wraps, gloves, mouthpiece, groin cup, & shin guards
Jiu-Jitsu – board shorts, t-shirt, mouthpiece, groin cup
GI Jiu-Jitsu - Gi Top and Pants, mouthpiece, groin cup

(Private lessons and open gym available)

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9A-10A						Muay Thai Kickboxing
10A-11A	Muay Thai Kickboxing	MMA Workout	Muay Thai Kickboxing	MMA Workout		Muay Thai* (Drilling)
1P-2P						Jiu-Jitsu Open Mat
3P-4P	Muay Thai Kickboxing	MMA Workout	Muay Thai Kickboxing	MMA Workout		
6P-7P	Muay Thai Kickboxing	MMA Boxing Kickboxing	MMA Workout	Muay Thai Kickboxing	Jiu-Jitsu* (Gi) & Judo*	
7P-8P	MMA Workout	Muay Thai* (Drilling)	Muay Thai Kickboxing	Muay Thai* (Drilling)		
8P-9P	Advanced MMA* <hr/> Beginner Jiu-Jitsu *	Jiu-Jitsu*	Jiu-Jitsu* <hr/> Muay Thai* (Drilling)	Jiu-Jitsu*		

* Class includes sparring