

## CENTRAL PA MIXED MARTIAL ARTS

### Fall 2009 Martial Arts Class Schedule

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
TIME/ ROOM	Gray ROOM	Black ROOM	Gray ROOM	Black ROOM	Gray ROOM	Black ROOM	Gray ROOM	Black ROOM	Gray & Black ROOMS
11:30-1	Adv. BJJ	Adv. Str.	Adv. BJJ		Adv.NoGi	Adv. Str.	Adv. BJJ		
5:30-6	WKB		Fun. BJJ	RBMMA/CMT	WKB		Fun. BJJ	RBMMA	WKB
6-6:30	WKB		Fun. BJJ	RBMMA/CMT	WKB		Fun. BJJ	RBMMA	WKB
6:30-7	YMA	BJJ	YMA	BJJ	YMA	BJJ	YMA	BJJ	No-Gi RB & MMA
7-7:30	YMA	BJJ	YMA	BJJ	YMA	BJJ	YMA	BJJ	No-Gi RB & MMA
7:30-8	OPEN	MAT	OPEN	MAT	OPEN	MAT	OPEN	MAT	Boxing/MT
8-8:30	MT	MMA	Boxing	MMA	MT/MMA	MT/MMA	Boxing	WRESTLING	Boxing/MT
8:30-9	MT	MMA	Boxing	MMA	MT/MMA	MT/MMA	Boxing	WRESTLING	
9-9:30	Abs		Abs		Abs		Abs		

#### **Mixed Martial Arts:**

- BJJ for MMA - Monday 8-9
- Boxing for MMA - Tuesday 8-9
- Muay Thai for MMA - Wednesday 8-9
- Wrestling for MMA - Thursday 8-9
- Blend - Friday 6:30-7:30
- ADVANCED STRIKING (by invite only) M,W 12PM-1PM

#### **Muay Thai:**

- FUNDAMENTALS & INTERMEDIATE- M,W, 8-9 F 7:30-8:30
- ADVANCED STRIKING (by invite only) M,W 12PM-1PM

#### **Brazilian Jiu-Jitsu:**

- FUNDAMENTALS - T,Th 5:30-6:30
- No-Gi - W 6:30-7:30, Gi - M,T,Th 6:30-7:30
- Advanced Class - M-Th 11:30-12:30
- \*\*OPEN MAT\*\* - M-Th 12:30-1 & 7:30-8

#### **Women's Kickboxing (ALL Levels):**

- M,W,F - 5:30-6:30

#### **Boxing:**

- FUNDAMENTALS & INTERMEDIATE- T,Th, 8-9 F 7:30-8:30
- ADVANCED STRIKING (by invite only) M,W 12PM-1PM

#### **Reality Based MMA:**

- T,Th - 5:30-6:30, F - 6:30-7:30 (Blend)

#### **Youth Martial Arts:**

- FUNDAMENTALS - T,Th - 6:30-7:30
- Intermediate & Advanced - M,W - 6:30-7:30

For more information or to schedule your free introductory lesson contact  
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