



CENTRAL PA MIXED MARTIAL ARTS

Spring 2010 Martial Arts Program Schedule



TIME & Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-8		Yoga		Yoga	
11:30-1		Fight Team Practice		Fight Team Practice	
2-3:30	Competition BJJ		Competition BJJ		
3:30-4:30	State College Area High	Advanced YMA	State College Area High	Advanced YMA	
4:30-5:30	IM Mixed Martial Arts	Youth Martial Arts Spill Over	IM Mixed Martial Arts	Youth Martial Arts Spill Over	MMA Blend
5:30-6:00	Women's Kickboxing	Reality Based MMA	Women's Kickboxing	Reality Based MMA	Women's Kickboxing
6-6:30		Fundamentals of BJJ		Fundamentals of BJJ	
6:30-7:30	Youth Martial Arts (All Levels)	Brazilian Jiu-Jitsu (Intermediate/Advanced)	Youth Martial Arts (All Levels)	Brazilian Jiu-Jitsu (Intermediate/Advanced)	No-Gi Brazilian Jiu-Jitsu
7:30-8:00	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	Muay Thai & Western Boxing
8-8:30	Muay Thai & Western Boxing	Wrestling & Submission Wrestling	Muay Thai & Western Boxing	Wrestling & Submission Wrestling	
8:30-9:00					Open Gym
9-9:30	Abs & Stretching	Abs & Stretching	Abs & Stretching	Abs & Stretching	

Each program below can be added to any other program for only \$25 additional per month.

Mixed Martial Arts (\$75 Per Month):

(Beginner & Intermediate Students)

- Muay Thai for MMA - Monday @ 8-9
- Wrestling for MMA - Tuesday, @ 8-9
- Boxing for MMA - Wednesday @ 8-9
- Sub Wrestling for MMA - Thursday, @ 8-9
- Blend - F @ 4:30-5:30

(Advanced Students)

Fight Team Practice - T/Th @ 12-1PM
Advanced BJJ - M/W @ 2PM

Reality Based MMA:

- T/Th @ 5:30-6:30, F @ 6:30-7:30
- Fight Team (by invite only) - T/Th 12-1PM

Striking Arts (\$75 Per Month):

Muay Thai:

- FUND. & INT.- M/W @ 8-9 F @ 7:30-8:30
- Fight Team (by invite only) M/W @ 12-1PM

Boxing:

- FUND. & INT.- M/W @ 8-9 F @ 7:30-8:30
- Fight Team (by invite only) M/W @ 12-1PM

Women's Kickboxing (ALL Levels):

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

All classes except Women's Kickboxing are co-ed.
It is recommended that if women can't make the 5:30 Women's class to come to the 8PM classes!**

Grappling Arts (\$75 Per Month):

Brazilian Jiu-Jitsu:

FUNDAMENTALS:

- T/Th 5:30-6:30, No-Gi @ F 6:30PM

Intermediate & Advanced:

- Gi - T/Th @ 6:30-7:30
- Competition Class - M/W @ 2-3:00PM

Wrestling Arts (\$50 Per Month):

Wrestling:

- Fundamentals, Intermed/Adv. T/Th @ 8pm

No-Gi Submission Wrestling:

- Fundamentals, Intermed/Adv. T/Th @ 8pm

Youth Martial Arts(\$75 Per Month):

ALL LEVELS (5-12) - M/W @ 6:30-7:30

**Spill Over - T/Th @ 4:30-5:30

Advanced - T/Th @ 3:30-4:30

Mighty Mites:

3-5 Years of Age - Saturdays @ 11AM

Conditioning (\$50 Per Month):

Co-Ed Caveman Conditioning: T/Th @ 4:30PM

CLASSES FORMING

Yoga (\$75 Per Month):

T/Th @ 6:30AM **More time slots coming soon!

****STATE HIGH IM MIXED MARTIAL ARTS WILL RUN FROM MID FEBRUARY - APRIL****

For more information or to schedule your free introductory lesson contact:
Head Instructor, Ryan Gruhn @ info@cpamma.com | 814-422-KICK | <http://www.CPAMMA.com>