



CENTRAL PA MIXED MARTIAL ARTS

Fall 2010 Martial Arts Program Schedule



TIME & Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-8	Yoga	Yoga	Yoga	Yoga	
11:30-1		"LUNCH" BOX/ FIGHT TEAM		"LUNCH" BOX/ FIGHT TEAM	
2-3:30	Brazilian Jiu-Jitsu		Brazilian Jiu-Jitsu		
3:30-4:30	State College Area High School Programs	Advanced Youth Martial Arts	State College Area High School Programs	Advanced Youth Martial Arts	
4:30-5:30	Youth Martial Arts (Fundamentals)	Youth Martial Arts (Fundamentals)	Youth Martial Arts (Fundamentals)	Youth Martial Arts (Fundamentals)	MMA Blend
5:30-6:30	Women's Kickboxing	Reality Based MMA	Women's Kickboxing	Reality Based MMA	Women's Kickboxing
6:30-7:30	Youth Martial Arts (All Levels)	Brazilian Jiu-Jitsu	Youth Martial Arts (All Levels)	Brazilian Jiu-Jitsu	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					
9-9:30	Abs & Stretching		Abs & Stretching		
9-10:00	**Brazilian Jiu-Jitsu		**Brazilian Jiu-Jitsu		

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
- Lunch Box - T/Th @ 11:30-1:30

(Advanced Students)

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

Reality Based MMA:

- T/Th @ 5:30-6:30

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 OF THE ABOVE:

Lunch Box - T/Th @ 11:30-1:30

All classes except Women's Kickboxing are co-ed.

Women: If you can't make the 5:30 Women's class, come to the 11:30AM or 8PM classes!

Grappling Arts (\$75 Per Month):

Brazilian Jiu-Jitsu:

- Gi - T/Th @ 6:30-7:30
- Gi - M/W @ 2-3:00PM
- **Gi & No-Gi - M/W @ 9PM (tentative)**
- No-Gi - F @ 6:30PM
- Gi & No-Gi Open Roll - Saturdays @ 2:30PM

Wrestling Arts (\$75 Per Month):

Wrestling:

- T/Th @ 8pm

No-Gi Submission Wrestling:

- T/Th @ 8pm

Youth Martial Arts(\$75 Per Month):

- ALL LEVELS (5-12) - M/W @ 6:30-7:30
 **Fundamentals - M/W or T/Th @ 4:30-5:30
 Advanced - T/Th @ 3:30-4:30
 Mighty Mites:
 3-5 Years of Age - Saturdays @ 12PM

Conditioning (\$50 Per Month):

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

Yoga (\$75 Per Month):

- M-Th @ 6:30AM **More time slots coming soon!

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>