



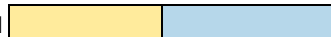
# UPRISING MMA



	MON.		TUE.		WED.		THU.		FRI.		SAT.	
8:30	STRENGTH & CONDITIONING								STRENGTH & CONDITIONING			
10:00	NO GI JIU JITSU		BRAZILIAN JIU JITSU	MUAY THAI	NO GI JIU JITSU		BRAZILIAN JIU JITSU	MUAY THAI	NO GI JIU JITSU		MUAY THAI	
11:00					STRENGTH & CONDITIONING						KIDS BJJ (AGES 4-12)	W'S MUAY THAI
12:00 PM	BOXING		MUAY THAI		BOXING		MUAY THAI		BOXING SPARRING (MEMBERS ONLY)		BRAZILIAN JIU JITSU	MUAY THAI
4:00 PM	KIDS NO GI (4-12)		KIDS MUAY THAI (4-12)		KIDS NO GI (4-12)		KIDS MUAY THAI (4-12)		KIDS NO GI (4-12)			
5:00 PM	KIDS MUAY THAI (4-12)		KIDS BJJ (AGES 4-12)		KIDS MUAY THAI (4-12)		KIDS BJJ (AGES 4-12)		KIDS MUAY THAI (4-12)			
6:00 PM	NO GI JIU JITSU	W'S BOXING	BRAZILIAN JIU JITSU	W'S MUAY THAI	NO GI COMPETITION JIU JITSU	W'S MUAY THAI	BRAZILIAN JIU JITSU	W'S MUAY THAI	NO GI JIU JITSU	W'S MUAY THAI		
7:30 PM	BOXING		MUAY THAI		BOXING		MUAY THAI		BOXING			
8:30 PM			SPARRING (BIG GLOVES) ( MEMBERS ONLY )				SUBMISSION WRESTLING					

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INCLUDED WITH GRAPPLING PROGRAM



INCLUDED WITH STRIKING PROGRAM

