



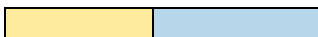
UPRISING MMA



	MON.		TUE.		WED.		THU.		FRI		SAT	
8:30 AM	STRENGTH & CONDITIONING								STRENGTH & CONDITIONING			
10:00 AM	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 AM					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 JIUJITSU	BRAZILIAN JIU JITSU	W'S MUAY THAI	NO GI COMPETITION JIU JITSU	W'S BOXING	BRAZILIAN JIU JITSU	W'S MUAY THAI	NO GI JIU JITSU	W'S BOXING		
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

