



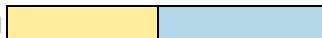
UPRISING MMA



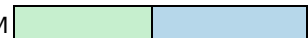
	MON.		TUE.		WED.		THU.		FRI.		SAT.	
8:30	STRENGTH & CONDITIONING								STRENGTH & CONDITIONING			
9:30AM											W'S BJJ CLASS GI	
10:00	NO GI JIU JITSU		BRAZILIAN JIU JITSU	MUAY THAI	NO GI JIU JITSU		BRAZILIAN JIU JITSU	MUAY THAI	NO GI JIU JITSU		MUAY THAI	
11:00					STRENGTH & CONDITIONING						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 JIUJITSU	BRAZILIAN JIU JITSU	W'S MUAY THAI	NO GI 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)		BOXING COMPETITION CLASS		SUBMISSION WRESTLING					

6325 N. COMMERCE ST., NORTH LAS VEGAS NV, 89031 | 702.337.2612 | MAIN@UPRISINGMMA.COM | WWW.UPRISINGMMA.COM

INCLUDED WITH GRAPPLING PROGRAM



INCLUDED WITH STRIKING PROGRAM



UPDATED ON