



UPRISING MMA



	MON.		TUE.		WED.		THU.		FRI.		SAT.	
8:30	STRENGTH & CONDITIONING								STRENGTH & CONDITIONING			
10:00	NO GI JIU JITSU ADULT GRAPPLING		BRAZILIAN JIU JITSU ADULT GRAPPLING	MUAY THAI ADULT STRIKING	ADVANCED MMA CLASS (INVITE ONLY) ADULT GRAPPLING		BRAZILIAN JIU JITSU ADULT GRAPPLING	MUAY THAI ADULT STRIKING	NO GI JIU JITSU ADULT GRAPPLING		MUAY THAI ADULT STRIKING	W'S BJJ GI W'S PROGRAM
11:00					STRENGTH & CONDITIONING						"KIDS BJJ KIDS GRAPPLING (AGES 4-12)	W'S MUAY THAI W'S PROGRAM
12:00 PM	BOXING ADULT STRIKING		MUAY THAI ADULT STRIKING		BOXING ADULT STRIKING		MUAY THAI ADULT STRIKING		BOXING SPARRING INVITE ONLY ADULT STRIKING		BRAZILIAN JIU JITSU ADULT GRAPPLING	MUAY THAI ADULT STRIKING
4:00 PM	KIDS NO GI KIDS GRAPPLING (4-12)		BOXING/MUAY THAI KIDS STRIKING (4-12)		KIDS WRESTLING KIDS GRAPPLING (4-12)		BOXING/MUAY THAI KIDS STRIKING (4-12)		KIDS NO GI KIDS GRAPPLING (4-12)		-	
5:00 PM	BOXING/MUAY THAI KIDS STRIKING (4-12)		KIDS BJJ KIDS GRAPPLING (AGES 4-12)		BOXING/MUAY THAI KIDS STRIKING (4-12)		KIDS BJJ KIDS GRAPPLING (AGES 4-12)		BOXING/MUAY THAI KIDS STRIKING (4-12)			
6:00 PM	NO GI JIU JITSU ADULT GRAPPLING JIU JITSU	W'S NO GI JIUJITSU W'S PROGRAM	BRAZILIAN JIU JITSU ADULT GRAPPLING	W'S MUAY THAI W'S PROGRAM	MMA CLASS - ALL LEVELS ADULT GRAPPLING	W'S BOXING W'S PROGRAM	BRAZILIAN JIU JITSU ADULT GRAPPLING	W'S MUAY THAI W'S PROGRAM	NO GI JIU JITSU ADULT GRAPPLING JIU JITSU	W'S BOXING W'S PROGRAM		
7:30 PM	BOXING ADULT STRIKING		MUAY THAI ADULT STRIKING		BOXING ADULT STRIKING		MUAY THAI ADULT STRIKING		BOXING ADULT STRIKING			
8:30 PM	SUBMISSION WRESTLING ADULT GRAPPLING		SPARRING (BIG GLOVES) ADULT STRIKING (INVITE ONLY)		BOXING COMPETITION ADULT STRIKING (INVITE ONLY)		SUBMISSION WRESTLING ADULT GRAPPLING					

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

ADULT GRAPPLING PROGRAM
ADULT STRIKING PROGRAM



KIDS GRAPPLING PROGRAM
KIDS STRIKING PROGRAM



W'S PROGRAM
INCLUDED IN ALL ADULT PLANS



UPDATED ON