



UPRISING MMA



	MON.		TUE.		WED.		THU.		FRI.		SAT.	
8:30 AM	STRENGTH & CONDITIONING								STRENGTH & CONDITIONING			
9:00 AM											KIDS BJJ COMPTETIION (KIDS GRAPPLING)	
10:00 AM	NO GI JIU JITSU (ADULT GRAPPLING)		BRAZILIAN JIU JITSU (ADULT GRAPPLING)	MUAY THAI (ADULT STRIKING)	ADVANCED MMA (ADULT GRAPPLING) (INVITE ONLY)		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 AM					STRENGTH & CONDITIONING				BOXING (ADULT STRIKING)		KIDS NO GI (KIDS GRAPPLING)(4-12)	W'S MUAY THAI (W'S PROGRAM)
12:00 PM	BOXING (ADULT STRIKING)		MUAY THAI (ADULT STRIKING)				MUAY THAI (ADULT STRIKING)		OPEN MAT		BRAZILIAN JIU JITSU (ADULT GRAPPLING)	MUAY THAI (ADULT STRIKING)
3:30 PM												
4:15 PM	BOXING/MUAY THAI (KIDS STRIKING) (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)			
5:15 PM	KIDS WRESTLING (KIDS GRAPPLING) (AGES 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)			
5:30 PM												
6:15 PM	NO GI JIU JITSU (ADULT GRAPPLING)	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)	W'S BOXING (W'S PROGRAM)		
6:30 PM												
7:30 PM	BOXING (ADULT STRIKING)		MUAY THAI (ADULT STRIKING)		BOXING (ADULT STRIKING)		MUAY THAI (ADULT STRIKING)		BOXING (ADULT STRIKING)			
7:45 PM												
8:30 PM	SUBMISSION WRESTLING (ADULT GRAPPLING)		SPARRING (BIG GLOVES) (ADULT STRIKING) (INVITE ONLY)		BOXING COMPETITION (ADULT STRIKING) (INVITE ONLY)		SUBMISSION WRESTLING (ADULT GRAPPLING)					

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(ADULT GRAPPLING) PROGRAM

ADULT STRIKING PROGRAM



(KIDS GRAPPLING) PROGRAM

KIDS STRIKING PROGRAM



(W'S PROGRAM)

INCLUDED IN ALL ADULT PLANS

