



4 ELEMENTS

MIXED MARTIAL ARTS

Summer Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am-8:00am						BJJ (No Gi)	
9:00am-10:00am	Boxing	Muay Thai	Boxing	Muay Thai	Boxing	Youth BJJ	
						Bootcamp	
10:00am-12:00pm						Fight Team	
4:30pm-5:30pm	Youth Boxing	Youth BJJ	Youth Boxing	Youth BJJ	Youth Boxing		
		Bootcamp		Bootcamp			
5:30pm-6:30pm	Bootcamp	Self Defense	Bootcamp	Self Defense	Wrestling (5:30pm-7pm)		
	BJJ Gi	BJJ No Gi	BJJ Gi	BJJ No Gi			
6:30pm-7:30pm	Boxing	Boxing	Boxing	Boxing			
	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
7:30pm-8:30pm	Technical Sparring	MMA	Technical Sparring				

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