

FEARLESS MMA CLASS SCHEDULE

(608) 345 3961

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM	Private Lessons by Appointment					Private Lessons by Appointment
10 AM						
11 AM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	STRENGTH & CONDITIONING/ KICKBOXING/ MMA
11:30 AM	MMA	MMA	MMA	MMA	BRAZILIAN JIU JITSU (GI)	
12:30 PM						
1 PM	Private Lessons by Appointment					
2 PM						
3 PM						
4 PM	Private Lessons by Appointment	KIDS BRAZILIAN JIU JITSU	Private Lessons by Appointment	KIDS BRAZILIAN JIU JITSU	KICKBOXING	Private Lessons by Appointment
5 PM		KIDS TAE KWON DO		KIDS TAE KWON DO		
5:30PM	KICKBOXING	TAE KWON DO	KICKBOXING	TAE KWON DO	BEGINNERS BRAZILIAN JIU JITSU (GI)	
6 PM						
7 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Private Lessons by Appointment	
7:30PM	BRAZILIAN JIU JITSU (GI)	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU		
8 PM						
8:30 PM	MMA	MMA	MMA	MMA		
9 PM						
9:30 PM	SPARRING SESSIONS	SPARRING SESSIONS	SPARRING SESSIONS	SPARRING SESSIONS		

**ALL NEW WOMEN'S JIU JITSU CLASS &
 ALL NEW ADVANCED WRESTLING CLASS
 COMING SOON!**

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