

Northern Virginia Mixed Martial Arts & Fitness

Main 703-807-0342 Main Website: www.novamma.com Email: info@novamma.com

CLASS SCHEDULE FOR ARLINGTON, VIRGINIA as of 1/05/15

All Prospects must register for class online or call to set an appointment for free trial

Schedule & Coaches are subject to change

SELF DEFENSE, KIDS, AND YOGA CLASSES

BY CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KRAV MAGA		12 – 1:00 PM (All Levels) 6 – 7:00 PM (Level 1) 7 – 8:00 PM (Level 2+)		12 – 1:00 PM (All Levels) 6 – 7:00 PM (Level 1) 7 – 8:00 PM (Level 2+)		12 – 1:00 PM (All Levels)	11:30-12:30 PM (Level 1)
KIDS MARTIAL ARTS		5:15-6:00 PM (ages 5-8)	5:30-6:15 PM (ages 9-13)	5:15-6:00 PM (ages 5-8)	5:30-6:15 PM (ages 9-13)		9:45-10:20 AM (ages 5-8) 10:30-11:15 AM (ages 9-13)
Yoga	9 – 10:15 AM				6:30 – 7:45 PM (2 nd Thursday ea mo)		

MUAY THAI (MT)/BOXING (BX)

BY TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		BX ALL LVLS (Main Room)	MT ALL LEVELS (Main Room)	BX ALL LVLS (Main Room)	MT ALL LEVELS (Main Room)		
10:45 AM							MT INT-ADV /FIGHT TEAM (Main Room)
11:45 AM							MT BEGINNER (Main Room)
5:30 PM						COED BAG CONDITIONING (UFK Room)	
6:00 PM	BX ALL LVLS (Main Room)			MT INT-ADV LEVELS/ FIGHT TEAM (Main Room)			
6:30 PM		MT ALL LEVELS (UFK Room)	MT INTERMEDIATE (Main Room) COED BAG CONDITIONING (UFK Room)		MT INTERMEDIATE (Main Room)	BX ALL LVLS (Main Room)	
7:30 PM			MT BEGINNER (Main Room)		MT BEGINNER (Main Room)		
8:00 PM				BX ALL LVLS (Main Room)			

GRAPPLING

BY TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 AM	BASICS						
12:00 PM	Competition Team Practice						Competition Team Practice
5:30 PM						JUDO	
6:30 PM		JUDO	NO GI		JUDO	MIXED LVL GI	
7:00 PM				BASICS MIXED LVL GI			
7:30 PM		MIXED LVL GI			NO GI		

CROSSFIT ARLINGTON (CFA)

BY TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	
9:30 AM		ALL LEVELS		ALL LEVELS			ALL LEVELS
10:00 AM	ALL LEVELS						
10:30 AM							ALL LEVELS
11:00 AM	OPEN GYM						
11:30 AM							ALL LEVELS OPEN GYM
12:00 PM		ALL LEVELS		ALL LEVELS			
4:00 PM	OPEN GYM	OPEN GYM		OPEN GYM			
4:30 PM		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	
5:00 PM						OPEN GYM	
5:30 PM		ALL LEVELS	ALL LEVELS KIDS OPEN GYM	ALL LEVELS	ALL LEVELS KIDS	ALL LEVELS	
6:30 PM		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	
7:00 PM		FOUNDATIONS 1		FOUNDATIONS 2		FOUNDATIONS 3	
7:30 PM		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS		

ULTIMATE FITNESS KICKBOXING (UFK)

BY CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ULTIMATE FITNESS KICKBOXING	9-10:15 AM YOGA	5:30-6:20 PM S&C	6:15-7:05 AM BAG	5:40-6:30 PM BAG	6:15-7:05 AM BAG	12:15-1:05 PM BAG	
	5:30-6:30 PM BAG	7:30-8:20 PM S&C	12:15-1:05 PM BAG	6:40-7:30 PM BAG	12:15-1:05 PM BAG		9:30-10:30 AM S&C
			5:30-6:20 PM BAG	7:40-8:30 PM BAG	5:30-6:20 PM BAG	5:30-6:20 PM COED BAG	
			6:30-7:20 PM COED BAG				