

Main 703-807-0342 Main Website: www.novamma.com

CLASS SCHEDULE FOR ARLINGTON, VIRGINIA as of 11/15/14

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

Schedule & Instructor are subject to change

BY CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUAY THAI All Levels			7:00-8:00 AM (Morning Class)		7:00-8:00 AM (Morning Class)		
MUAY THAI LEVEL 1/Intro to Muay Thai			7:30-9:00 PM		7:30-9:00 PM		11:45-12:45 PM (Morning Class)
MUAY THAI LEVEL 2 and Up		6:30-7:30 PM	6:30-7:45 PM		6:30-7:45 PM		10:45-11:45 AM (Body Sparring)
BOXING	6:00-7:00 PM	7:00-8:00 AM (Morning Class)		7:00-8:00 AM (Morning Class) 8:00-9:00 PM		6:30-7:30 PM	
GRAPPLING BASICS	11:00-12 PM (INTRO Morning Class)			7:00-8:00 PM (INTRO Evening Class)			
No Gi/Submission Grappling and Wrestling	12:00-1:00 (Competition Team)		6:30-8:30 PM (No Gi)		7:30-9:00 PM (No Gi)		12:00-1:00 PM (Competition Team)
MIXED BRAZILIAN JIU-JITSU		7:30-8:30 PM (Gi)		7:00-9:00 PM (Gi)		6:30-7:30 PM (Gi)	
JUDO		6:35-7:35 PM			6:30-7:30 PM	5:30-6:30 PM	
KRAV MAGA *All Levels **Level 1 ***Level 2+		*12 – 1:00 PM (Lunch Class) **6 – 7 PM ***7 – 8 PM		*12 – 1:00 PM (Lunch Class) **6 – 7 PM ***7 – 8 PM		*12 – 1 PM (Lunch Class)	11:30-12:30 PM (Level 1/Ground)
FIGHT TEAM (INVITE ONLY)		6:30 PM (Drills)		6:00 PM (Sparring)			10:45 AM (Sparring)
CrossFit (All Levels) (Work Out of the Day) crossfitarlington.com	10:00 AM 5:00 PM	6 AM 9:30 AM 12:00 PM 4:30 PM 5:30 PM 6:30 PM 7:30 PM	6 AM 4:30 PM 5:30 PM 6:30 PM 7:30 PM	6 AM 9:30 AM 12:00 PM 4:30 PM 5:30 PM 6:30 PM 7:30 PM	6 AM 4:30 PM 5:30 PM 6:30 PM 7:30 PM	6 AM 4:30 PM 5:30 PM 6:30 PM	9:30 AM 10:30 AM 11:30 AM
CrossFit Level 1, Kids & Specialty Classes crossfitarlington.com	11:00 AM (Open Gym) 6-7:30 PM (Foundations)	4:00 PM (Open Gym)	5:30-6:30 PM (Kids) 5:30 -7:30 PM (Open Gym)	4:00 PM (Open Gym) 7-8:30 PM (Foundations)	5:30-6:30 PM (Kids)	5:00 PM (Open Gym)	8-9:30 AM (Foundations) 11:30 AM (Open Gym)
ULTIMATE FITNESS KICKBOXING (PACKAGE PURCHASE ONLY) novakickboxing.com	9-10:15 AM YOGA 10:30-11:30 AM Intro Class 5:30-6:30 PM Bag	5:30-6:20 PM S&C 7:30-8:20 PM S&C	6:15-7:05 AM Bag 12:15-1:05 PM Bag 5:30-6:20 PM Bag 6:30-7:20 PM Bag	5:40-6:30 PM Bag 6:40-7:30 PM Bag 7:40-8:30 PM Bag	6:15-7:05 AM Bag 12:15-1:05 PM Bag 5:30-6:20 PM Bag	12:15-1:05 PM Bag	9:30-10:30 AM S&C
Mighty Dragons (KIDS)		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)		