

Northern Virginia Mixed Martial Arts & Fitness

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

CLASS SCHEDULE FOR ARLINGTON, VIRGINIA as of 11/05/13

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		12:00-1:00 PM (Lunch Class combined with Krav Maga)	7:00-8:00 AM (Morning Class)	12:00-1:00 PM (Lunch Class combined with Krav Maga)	7:00-8:00 AM (Morning Class)	5:00-6:00 PM	
MUAY THAI LEVEL 1/Intro to Muay Thai			7:45-9:00 PM		7:45-9:00 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	6:45-7:45 PM	7:00-8:00 AM (Morning Class)		7:00-8:00 AM (Morning Class) 8:45-9:45 PM		6:30-7:30 PM	
GRAPPLING BASICS			6:30 PM (No Gi)	7:00 PM (Gi)	7:30 PM (No Gi)		
No Gi/Submission Grappling and Wrestling			7:30-8:30 PM (No Gi)		8:30-9:30 PM (No Gi)		
MIXED BRAZILIAN JIU-JITSU		7:30-8:30 PM (Gi)		8:00-9:00 PM (Gi)		6:30-8:30 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)		7:00 PM (Drills)	10:45 AM (Sparring)
CrossFit (All Levels) (Work Out of the Day) crossfitarlington.com Room #1	5:00 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 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 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 & 2 crossfitarlington.com Room #2	10:00 AM 11:00 AM (Open Gym) 3:30-5:00 PM (Level 1)	4:00 PM (Open Gym) 5:00 PM 6:00 PM	5:00 PM 6:00 PM	4:00 PM (Open Gym) 5:00 PM 6:00 PM 7-8:30 PM (Level 1)	5:00 PM 6:00 PM	5:00 PM (Open Gym)	10-11:30 AM (Level 1) 11:30 AM (Open Gym)
ULTIMATE FITNESS KICKBOXING (PACKAGE PURCHASE ONLY) www.novakickboxing.com	11-12:15 pm YOGA 1:30-2:30 pm Intro Class 5:30-6:30 PM Bag	5:10-6:00 PM S&C 7:40-8:30 PM S&C	6:15-7:05 AM Bag 12:15-1:05 PM Bag 5:30-6:20 PM Bag	5:40-6:30 PM Bag 6:40-7:30 PM Bag 7:40-8:30 PM 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	11 – 12:15 PM						