

Brooklyn Mixed Martial Arts & Fitnesswww.brooklynmixedmartialarts.com

(718) 677-5979

May 24, 2021: updated schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Women's Kickboxing 9:30AM		Women's Kickboxing 9:30AM			
Women's Kickboxing 10:00AM		FIGHT TEAM 10:00AM			Muay Thai 12:00PM	Women's Kickboxing 11AM
MMA 11:00am		Kids Fitness 3:30pm		Kids Fitness 3:30pm		BJJ for MMA 12:00PM
	Junior Warriors 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	
	Advanced Junior Warriors 5:00pm	Junior Warriors 5:00pm	Junior Warriors 5:00pm	Advanced Junior Warriors 5:00pm	Advanced Junior Warriors 5:00pm	
	LEGION 6:00pm	Advanced Striking for Women 6:00pm	FIGHT TEAM 5:00PM	Advanced Striking for Women 6:00pm	Junior Warriors 6:00pm	
	Women's Kickboxing 7:00pm	Women's Kickboxing w/ Amelie 7:00pm	Advanced Jr Warriors 6:00pm	Women's Kickboxing w/ Amelie 7:00pm	Women's Kickboxing 7:00pm	
	MMA 8:00pm	BJJ for MMA 8:00pm	Women's kickboxing 7:00pm	Sparring 8:00pm	MMA w/ Coach Miguel 8:00pm	
			MMA 8:00pm			

Kids Fitness – Ages 4-7***Jr. Warriors – Ages 8-12******Teen MMA – Ages 13+******Women/Adult – Ages 18+***