



# Brooklyn Mixed Martial Arts and Fitness

[www.brooklynmixedmartialarts.com](http://www.brooklynmixedmartialarts.com)

718-677-5979

**January 2019**

| MONDAY                         | TUESDAY                     | WEDNESDAY                    | THURSDAY                  | FRIDAY                      | SATURDAY                   | SUNDAY      |
|--------------------------------|-----------------------------|------------------------------|---------------------------|-----------------------------|----------------------------|-------------|
| Women's kickboxing<br>9am      | Women's kickboxing<br>9am   | Women's kickboxing<br>9am    | Women's kickboxing<br>9am |                             |                            |             |
| MMA<br>10am                    | Muay Thai<br>10am           | MMA<br>10am                  | Muay Thai<br>10am         |                             | Women's kickboxing<br>11am | MMA<br>11am |
|                                |                             |                              |                           |                             | Boxing<br>12pm-<br>1:15pm  |             |
| Women's kickboxing<br>4:15pm   |                             | Women's kickboxing<br>4:15pm |                           | Kids Fitness<br>4:15pm      | Jr. Warriors<br>1:30pm     |             |
| Teen MMA<br>5:15-<br>6:15pm    | Jr. Warriors<br>5:15-6pm    | Kids Fitness<br>5:15-6pm     | Kids Fitness<br>5:15-6pm  | Junior Warriors<br>5:15-6pm |                            |             |
| Jr. Warriors<br>6:15pm-<br>7pm | Women's Kickboxing<br>6-7pm | Teen MMA<br>6-7pm            | Teen MMA<br>6-7pm         | Teen MMA<br>6-7pm           |                            |             |
| Women's kickboxing<br>7pm      | MMA Conditioning<br>7pm     | Women's kickboxing<br>7pm    | Women's kickboxing<br>7pm | Women's kickboxing<br>7pm   |                            |             |
| MMA<br>All levels<br>8pm       | Legion<br>8pm               | MMA<br>All levels<br>8pm     | BJJ<br>8pm                | BJJ No Gi<br>8pm            |                            |             |
| BOXING<br>9pm                  | Bjj 9pm                     | BOXING<br>9pm                |                           |                             |                            |             |

\*Kids Fitness - Ages 4-7\*

\*Jr. Warriors - Ages 8-12\*

\*Teen MMA - Ages 13

\*Legion - private class\*