

# Brooklyn Mixed Martial Arts and Fitness

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

718-677-5979

## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Women's Kickboxing 9am	Women's Kickboxing 9am	Women's Kickboxing 9am	Women's Kickboxing 9am	Women's Kickboxing 9:30am		
MMA 10am	Muay Thai 10am	MMA 10am	Muay Thai 10am		Women's Kickboxing 11am	Women's Kickboxing 10am
					Boxing 12-1:15pm	Executive MMA 11am
				Kids Fitness 4:15-5pm	Jr. Warriors 1:30pm	Open Mat 11am *downstairs
Teen MMA 5:15-6:15pm	Teen MMA 5:15-6:15pm	Kids Fitness 5:30-6:15pm	Kids Fitness 5:15-6pm	Jr. Warriors 5:15-6pm		
Jr. Warriors 6:15-7pm	Advanced Jr. Warriors 6-7pm	Jr. Warriors 6:15-7pm	Teen MMA 6-7pm *downstairs	Teen MMA 6-7pm		
			Executive MMA 6pm			
Women's Kickboxing 7pm	Women's Kickboxing 7pm	Women's Kickboxing 7pm	Women's Kickboxing 7pm	Women's Kickboxing 7pm		
	Conditioning 7-7:40pm		Conditioning 7-7:40pm			
MMA All Levels 8pm	Legion 8pm	MMA All Levels 8pm	BJJ Gi 8pm	BJJ No Gi 8pm		
Boxing 9pm	Bjj 9pm Coach Lucas	Boxing 9pm				

\*Kids Fitness- Ages 4-7\*

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

\*Teen MMA- Ages 13^\*

\*Executive MMA- 30^\*

\*Legion- private class\*