

Brooklyn Mixed Martial Arts & Fitness

www.brooklynmixedmartialarts.com

(718) 677-5979

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kids Fitness 3:30pm		Kids Fitness 3:30pm	Kids Fitness 3:30pm		Women's Kickboxing 11:am
	Advanced Warriors 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	BOXING 12:30pm
	Junior Warriors 5:00pm	Advanced Warriors 5:00pm	Junior Warriors 5:00pm	Advanced Warriors 5:00pm	Advanced Warriors 5:00pm	
	ADULT KICKBOXING 6:00pm	Junior Warriors 6:00pm	ADULT KICKBOXING 6:00pm	Women's Kickboxing 6:00pm	Junior Warriors 6:00pm	
	Women's Kickboxing 7:00pm	Women's Kickboxing 7:00pm	Women's Kickboxing 7:00pm	ADULT KICKBOXING 7:00pm	Women's Kickboxing 7:00pm	
	MMA 8:00pm	MMA 8:00pm	MMA 8:00pm	BOXING 8:00pm	Conditioning 8:00pm	
	MMA by invite 9:00pm		MMA by invite 9:00pm			