



Brooklyn Mixed Martial Arts and Fitness

www.brooklynmixedmartialarts.com

718-677-5979

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Women's Kickboxing 9am	Women's Kickboxing 9am	Women's Kickboxing 9am	Women's Kickboxing 9am	Women's Kickboxing 9am	
Women's Kickboxing 10am	MMA 10am	Muay Thai 10am	MMA 10am	Muay Thai 10am		Women's Kickboxing 11am
Women's Combat 11am						Boxing 12-1:15pm
MMA 11am	Women's Kickboxing 4pm		Women's Kickboxing 4:15pm		Kids Fitness 4:15pm	Jr Warriors All Levels 1:30pm
	Level 1 Jr. Warriors 5-5:45pm	Level 1 Jr. Warriors 5-5:45pm	Kids Fitness 5:15-6pm	Kids Fitness 5:15-6pm	Level 1 Jr. Warriors 5-5:45pm	
	Teens MMA 5:15-6:15pm *downstairs	Teens MMA 6-7pm *downstairs	Level 2 Jr. Warriors 6-7pm	Teens MMA 6-7pm	Teens MMA 6-7pm *downstairs	
	Level 2 Jr. Warriors 6-7pm			Conditioning/ Beginner MMA 6pm *downstairs	Level 2 Jr. Warriors 6-7pm	
	Women's Kickboxing 7pm	Women's Kickboxing 7pm	Women's Kickboxing 7pm	Women's Kickboxing 7pm	Women's Kickboxing 7pm	
	Conditioning/ Beginner MMA 7-7:40pm					
	MMA All Levels 8pm	Legion 8pm	MMA All Levels 8pm	BJJ Gi 8pm	BJJ no Gi 8pm	
		Wrestling 8pm *downstairs				
	Boxing 9pm	BJJ no Gi Coach Lucas 9pm	Boxing 9pm			

Kids Fitness: ages 4-7

Teens: ages 13+

Jr. Warriors: ages 8-12

Legion: Private class