

CMMA ADULT CLASS SCHEDULE 2024

1617 W. Rosecrans #O Gardena CA 90249 Tel: 310-756-6501

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00a – 7:00a Boxing (All Levels) (Brandon)		6:00a – 7:00a Boxing (All Levels) (Brandon)		8:00a – 9:30a BJJ Gi (All Levels) (Jorge, Charlie)	CLOSED
10:00a – 11:00a Kickboxing (All Levels) (Brandon)	6:00a – 7:00a BJJ Gi (All Levels) (Jorge)	10:00a – 11:00a Kickboxing (All Levels) (Brandon)	6:00a – 7:00a BJJ Gi (All Levels) (Jorge)		9:00a – 10:00a Women's BJJ Gi (All Levels) NEW (Erika)	
6:00p – 7:00p Kickboxing (Fund) (Luis)	6:00p – 7:00p BJJ Gi (Fund/All Level) (Chad)	6:00p – 7:00p Kickboxing (Fund) (Luis)	6:00p – 7:00p BJJ Gi (Fund/All Levels) (Jorge)	5:30p – 6:30p BJJ NoGi (All Levels) (Chad)	12:15p – 1:15p MMA (Int/Adv) NEW (Robles)	
6:00p – 7:00p BJJ NoGi (Fund) (Chad)	7:00p – 7:30p NEW BJJ Gi (Rolling) (Chad)	6:00p – 7:00p BJJ NoGi (Fund) (Chad)	7:00p – 7:30p NEW BJJ Gi (Rolling) (Jorge)	5:30p – 8:00p Open Mat		
7:00p – 8:00p Boxing (All Levels) (Julio)	7:00p – 8:00p Muay Thai (All Levels) (Shannon)	7:00p – 8:00p Boxing (All Levels) (Julio)	7:00p – 8:00p Muay Thai (All Levels) (Shannon)	6:30p – 7:30p Wrestling (All Levels) (Robles)		
7:00p – 8:15p BJJ NoGi (Int / Adv) (Chad)	7:30p – 8:30p NEW BJJ Gi (Open Mat) (Chad)	7:00p – 8:30p BJJ NoGi (Int / Adv) (Chad)	7:00p – 8:00p NEW BJJ Gi (Open Mat) (Jorge)			
8:15p – 9:15p Wrestling (All Levels) (Waters)	8:00p – 9:00p Boxing (Adv Lv3) (Shannon)		8:00p – 9:00p Muay Thai (Adv Lv3) (Shannon)			
* RESERVATIONS ARE REQUIRED FOR ALL CLASSES *						

