



661-266-1778

2027 E. Palmdale Blvd, Palmdale, CA, 93550

Adult's Mixed Martial Arts Program

| Grappling | Monday | Tuesday | Wednesday | Thursday | Saturday |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| 09:00 AM - 10:00 AM | | Brazilian Jiu-Jitsu | | Brazilian Jiu-Jitsu | |
| 11:30 AM - 12:30 PM | | | | | Brazilian Jiu-Jitsu |
| 6:00 PM - 7:30 PM | Brazilian Jiu-Jitsu | Brazilian Jiu-Jitsu | Brazilian Jiu-Jitsu | Brazilian Jiu-Jitsu | |
| 7:30 PM - 8:30 PM | | Wrestling | | Wrestling | |

| Striking | Monday | Tuesday | Wednesday | Thursday |
|-------------------|---------------|----------------|------------------|-----------------|
| 6:00 PM - 7:00 PM | Boxing | Boxing | Boxing | Boxing |
| 7:00 PM - 8:00 PM | Muay Thai | Muay Thai | Muay Thai | Muay Thai |