



661-266-1778

2027 E. Palmdale Blvd, Palmdale, CA, 93550

Adult's Mixed Martial Arts Program

Brazilian Jiu Jitsu	Monday	Tuesday	Wednesday	Thursday
9:00 AM - 10:00 AM		Brazilian Jit-Jitsu		Brazilian Jit-Jitsu
6:00 PM - 7:30 PM	Brazilian Jit-Jitsu	Brazilian Jit-Jitsu	Brazilian Jit-Jitsu	Brazilian Jit-Jitsu

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

Kid's Mixed Martial Arts Program

Children Ages 6 and Up	Monday	Tuesday	Wednesday	Thursday
4:00 PM - 5:00 PM	Boxing	Muay Thai	Boxing	Muay Thai
5:00 PM - 6:00 PM	Brazilian Jit-Jitsu	Wrestling	Brazilian Jit-Jitsu	Wrestling