



**661-266-1778**

2027 E. Palmdale Blvd, Palmdale, CA, 93550

**Adult's Mixed Martial Arts Program**

<b>Grappling</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
9:00 AM - 10:00 AM		Brazilian Jiu-Jitsu		Brazilian Jiu-Jitsu	
11:30 AM - 12:30 PM	Brazilian Jiu-Jitsu		Brazilian Jiu-Jitsu		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	

<b>Striking</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
6:00 PM - 7:00 PM	Boxing	Boxing	Boxing	Boxing
7:00 PM - 8:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai