



Private lessons are available by request outside of class times. Classes are subject to change due to demand.

\*5pm Classes are split gym. Take a class while your kids take theirs!

# Class Schedule

HUDSON COMBAT ACADEMY

6-8 South Street

Hudson, MA 01749

774-366-4756

[www.HudsonCombat.com](http://www.HudsonCombat.com)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
8:00 AM	MMA	MMA	MMA	MMA	MMA		
9:00 AM	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing		
10:00 AM						Strength & Conditioning	
11:00 AM						Wrestling for MMA	
12:00 PM						Sparring	Warrior's Yoga
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM*	Kids Agility & Martial Arts Basics						
5:00 PM*	Hi-Intensity Conditioning	Warrior's Yoga	Hi-Intensity Conditioning	Warrior's Yoga	Hi-Intensity Conditioning		
6:00 PM	Sambo/MMA	Muay Thai Kickboxing	Sambo/MMA	Muay Thai Kickboxing	Takedowns		
7:00 PM	Muay Thai Kickboxing	No Gi Brazilian Jiu Jitsu	Muay Thai Kickboxing	Sambo/MMA	Muay Thai Clinch Work		
8:00 PM							
9:00 PM							