



# Defensive Edge Martial Arts

## FightFIT Gym

### Fall 2018 Schedule



## YOUTH PROGRAMS SCHEDULE

YOUTH PROGRAMS	MON	TUES	WED	THURS	FRI	SAT
LIL DRAGONS (4-5 y/o)		4:00-4:45 PM		4:00-4:45 PM		9:00-9:45 AM
GOLDEN EAGLES (5-7 y/o)	4:00-4:45 PM	4:45-5:30 PM	4:00-4:45 PM	4:45-5:30 PM	4:00-4:45 PM	9:45-10:30 AM
TEEN/ SAMURAI (7-13 y/o)	4:45-5:30 PM	5:30-6:15 PM	4:45-5:30 PM	5:30-6:15 PM	4:45-5:30 PM	10:30-11:15 AM
KIDS BJJ (7-13 y/o)		4:45-5:30 PM		4:45-5:30 PM		
KIDS MMA (7-13 y/o)		6:15-7:00 PM	5:30-6:15 PM	6:15-7:00 PM		
KIDS MUAY THAI (7-13 y/o)	5:30-6:15 PM				5:30-6:15 PM	11:15-12:00 PM
ADVANCED TRAINING (PURPLE-GREEN & ABOVE)	6:15-7:00 PM		6:15-7:00 PM			

## ADULT PROGRAMS SCHEDULE

ADULT PROGRAMS	MON	TUES	WED	THURS	FRI	SAT	SUN
FIGHT FIT CONDITIONING	12-1:00 PM 6:00-7:00 PM	6:00-7:00 PM	12-1:00 PM 6:00-7:00 PM	6:00-7:00 PM	12-1:00 PM	8:00-9:00 AM	10-11:00 AM
iCAT SELF DEFENSE / SCJ		7:00-8:00 PM		7:00-8:00 PM		10:30-11:30AM	
MMA	8:00-9:30PM	11 AM-12 PM 7:00-8:00 PM	8:00-9:30PM	11 AM-12 PM 7:00-8:00 PM		10:30-11:30AM	Open Sparring 11:00 AM
BRAZILIAN JIU-JITSU	8:00-9:00 PM	8:00-9:00 PM		8:00-9:00 PM	8:00-9:00 PM	11:30-1:00 PM	
NO GI GRAPPLING		12-1:00 PM		12-1:00 PM			
MUAY THAI	7:00-8:00 PM		7:00-8:00 PM				

