



DEFENSIVE EDGE MARTIAL ARTS

WINTER 2022



EFFECTIVE DECEMBER 27TH 2021

DEFENSIVE-EDGE.COM - (781) 245-0250 - INFO@DEFENSIVE-EDGE.COM

ADULT MARTIAL ARTS SCHEDULE

PROGRAM	MON	TUES	WED	THURS	FRI	SAT
FIGHT-FIT TRAINING	6:15p-7:00p	6:15pm-7:15pm	12:00pm-1:00pm 6:15pm-7:00pm		12:00pm-1pm	
BRAZILIAN JIU-JITSU	12pm-1pm	12pm-1pm 7:15pm White Belt 8:15pm Blue-Black		12pm-1pm 7:15pm White belt 8:15pm Blue-Blk		12pm-1pm All Levels
MMA	8pm-9:00pm	6:15pm-7:15pm	8:00pm-9pm	6:15pm-7:15pm	8:00pm-9pm	
MUAY THAI	7pm-8:00pm		7:00pm-8pm		7:00pm-8pm	

