



DEFENSIVE EDGE MARTIAL ARTS

SUMMER 2022

EFFECTIVE JUNE 27TH 2022

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 (Register on App) 6:15pm-7:00pm	6:15pm-7:15pm	12:00pm-1pm (Register on App)	
BRAZILIAN JIU-JITSU	12pm-1pm All Levels	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-9:00pm	
MUAY THAI	7pm-8:00pm		7:00pm-8:00pm		7:00pm-8:00pm	



IT NEVER GETS EASIER - YOU JUST GET STRONGER!



