



Defensive Edge Martial Arts



Defensive-Edge.com - (781) 245-0250 - Info@Defensive-Edge.com

ADULT MARTIAL ARTS SCHEDULE

PROGRAM	MON	TUES	WED	THURS	FRI	SAT
WOMEN'S Martial Arts			11:00am-12:00pm		5:30pm-6:30pm	
FIGHT-FIT TRAINING	12:00pm-1pm (Register on App) 6:15p-7:00 pm	1:00pm-2:00pm (Register on App) 6:15pm-7:00pm	6:15pm-7:00pm	6:15pm-7:15pm	12:00pm-1pm (Register on App)	8:45am-9:45am
BRAZILIAN JIU-JITSU		12:00pm-1:00pm (Register on App) 7:15pm-8:15pm	9:00am-10:00am	12:00pm-1:00pm (Register on App) 7:15pm-8:15pm	9:00am-10:00am	12:00pm -1:00pm
MMA	8pm-9:00pm	6:15pm-7:15pm	10:00am-11:00am 8:00pm-9:00pm	6:15pm-7:15pm	10:00am-11:00am 8:00pm-9:00pm	
MUAY THAI	7pm-8:00pm		7:00pm-8:00pm		6:00pm - Beginners 7:00pm - (Sparring)	



SCAN CODE FOR FREE
ADULT TRIAL CLASS



SCAN CODE FOR 2 WEEK
ADULT TRIAL CLASS