



# Defensive Edge Martial Arts

## FALL 2020 Schedule



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### ***ADULT MARTIAL ARTS SCHEDULE***

| <b><i>PROGRAM</i></b>             | <b>MON</b>                          | <b>TUES</b>                         | <b>WED</b>                        | <b>THURS</b>                        | <b>FRI</b>                        | <b>SAT</b>                      |
|-----------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|---------------------------------|
| <b><i>FightFIT TRAINING</i></b>   | 6:15pm<br>(Outdoor if Good Weather) | 6:15pm<br>(Outdoor if Good Weather) | 12pm<br>(Outdoor if Good Weather) | 6:15pm<br>(Outdoor if Good Weather) | 12pm<br>(Outdoor if Good Weather) |                                 |
| <b><i>BRAZILIAN JIU JITSU</i></b> |                                     | 7:15pm Wht belt<br>8:15 Blue-Blk    |                                   | 7:15pm Wht belt<br>8:15 Blue-Blk    |                                   | 12:00 Wht Belt<br>1:00 Blue-Blk |
| <b><i>MMA</i></b>                 | 8pm-9pm                             |                                     | 8pm-9pm                           |                                     | 8pm-9pm                           | 2pm<br>Team Training            |
| <b><i>MUAY THAI</i></b>           | 7pm-8pm                             |                                     | 7pm-8pm                           |                                     | 7pm-8pm                           |                                 |

