

# PURE MIXED MARTIAL ARTS CLASS SCHEDULE

## North Wing (Red/Grey Mat)

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
9:30AM		Fitness Kickboxing 60 Min	Fitness Kickboxing 60 Min	Fitness Kickboxing 60 Min	Fitness Kickboxing 60 Min		Fitness Kickboxing 60 Min
10:00AM							
11:00AM							Muay Thai All Levels 60 Min
12:00PM	Muay Thai All Levels* 60 Min						
4:00PM		Kids Striking (Advanced TKD) 55 Min	Kids Striking (Advanced TKD) 55 Min		Kids Striking (Advanced TKD) 55 Min		
5:00PM		Kids Striking (BeginnersTKD) 55 Min	Fitness Kickboxing 60 Min		Fitness Kickboxing 60 Min		
6:00PM		SPARK 45 Min	Kids Striking (BlackBelt TKD) 55 Min	MMA Striking Fundamentals 60 Min	Jiu Jitsu Women's Class 55 Min	Fitness Kickboxing 60 Min	
7:00PM		Fitness Kickboxing 60 Min	Muay Thai All Levels 60 Min	Fitness Kickboxing 60 Min	Muay Thai Advanced* 60 Min		
8:00PM		Muay Thai All Levels 60 Min	Muay Thai Advanced* 60 Min		Muay Thai All Levels 60 Min		

## South Wing (Grey Mat)

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
9:30AM							Kids Striking (All Levels TKD) 55 Min
10:30AM							Kids Striking (All Levels TKD) 55 Min
12:00PM	Jiu Jitsu Women's Class 55 Min	Gi Jiu Jitsu All Levels 60 Min	NoGi Jiu Jitsu All Levels 60 Min		Gi Jiu Jitsu All Levels 60 Min	NoGi Jiu Jitsu All Levels 60 Min	Gi Jiu Jitsu All Levels 60 Min
1:00PM	NoGi Jiu Jitsu All Levels 60 Min						
5:00PM			Kids Striking (All Levels TKD) 55 Min		Kids Striking (All Levels TKD) 55 Min		
5:15PM		Kids Grappling (Judo) 45 Min		Kids Grappling (Judo) 45 Min			
6:00PM		Adults Judo All Levels 60 Min	Kids Grappling (Jiu Jitsu) 55 Min	Adults Judo All Levels 60 Min	Kids Grappling (Jiu Jitsu) 55 Min	Muay Thai All Levels 60 Min	
7:00PM		Gi Jiu Jitsu Advanced 60 Min	Gi Jiu Jitsu Beginners 60 Min	Gi Jiu Jitsu Beginners 60 Min	Gi Jiu Jitsu All Levels 60 Min	NoGi Jiu Jitsu All Levels 75 Min	
8:00PM		Gi Jiu Jitsu Beginners 60 Min	NoGi Jiu Jitsu All Levels 60 Min	Gi Jiu Jitsu Advanced 60 Min			

Advanced Jiu jitsu = 3 Stripe White Belt & up  
 Advanced Muay Thai = 3+ Months Experience  
 Advanced Taekwondo = BLUE Belt & Up,  
 \* - Includes Sparring / Live Drills  
 \*\*Class Descriptions on the back\*\*

**PUREMMA.COM**

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## **What is Mixed Martial Arts?**

Mixed Martial Arts in simplest terms is the pursuit of mastery of multiple styles of striking and grappling martial arts. At Pure MMA we offer multiple styles and we encourage our members to make their martial arts journey their own. Many practitioners choose to focus on mastering one style while others choose to spread their training time out across two or three styles. There is no right or wrong option. The martial arts are about health, wellness, self defense and self improvement and we are honored to provide you a positive, encouraging training environment.

## **Striking Martial Arts**

### **Muay Thai Kickboxing - Adults and Kids**

Widely considered to most comprehensive and effective style of striking, Muay Thai incorporates the concepts using every striking tool the body provides including punches, kicks, knees, and elbows. The Muay Thai program at Pure MMA carries with it influence from other other striking arts like boxing, American kickboxing, and Tae Kwon Do. Classes include warm ups, bag work, pad work and some classes includes varying levels of sparring.

### **TaeKwonDo - Kids Only**

TaeKwonDo is one of the most systematic of Korean traditional martial arts. It is a striking style that incorporates a myriad of kicking, punching, blocking, balance and agility. TaeKwonDo is also an Olympic sport.

### **Fitness Kickboxing - Adults Only**

60 minutes of non stop high intensity interval training that includes a variety of warm ups, kickboxing drills on a heavy bad, core training, weight training, and cardio exercises. 800-1000 calorie burn workout.

## **Grappling Martial Arts**

### **Jiu Jitsu - Adults and Kids**

Brazilian Jiu Jitsu is a ground fighting style of martial arts that teaches a practitioner how to use leverage to control an opponent and force them to give up with a variety of “submissions”. Jiu Jitsu is known for giving smaller weaker practitioners the ability to control and even dominate bigger stronger opponent that don’t have a familiarity with any grappling martial arts. Jiu Jitsu incorporates aspects of other style of grappling including Judo, Sambo, and Wrestling.

### **Judo - Adults and Kids**

Judo is one of the oldest and most practiced grappling martial arts around the world. It is an Olympic sport in which athletes attempt to take their opponents to the ground with throws and work to control, pin and apply submissions.