

PURE MIXED MARTIAL ARTS

41 Pine St. #12 Rockaway NJ 07866

Class Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Fight Team 10:30 - 12:00 (Gray Mat)	Fitness Kickboxing 9:30am - 10:30am (Red/Gray Mat)	Fitness Kickboxing 9:30am - 10:30am (Red/Gray Mat)	Fitness Kickboxing 9:30am - 10:30am (Red/Gray Mat)	Fitness Kickboxing 9:30am - 10:30am (Red/Gray Mat)		Fitness Kickboxing 9:30am - 10:30am (Red/Gray Mat)
Muay Thai 12pm - 1pm (Red/Gray Mat)	Expert NoGi BJJ 11am - 12pm (Gray Mat)					Kids Karate Tiny Tigers 10:30am - 11am (Red/Gray Mat)
All Lev. NoGi BJJ 1pm - 2pm (Gray Mat)	All Levels Gi BJJ 12pm - 1pm (Gray Mat)	All Lev. NoGi BJJ 12pm - 1pm (Gray Mat)	All Levels Gi BJJ 12pm - 1pm (Gray Mat)	All Levels Gi BJJ 12pm - 1pm (Gray Mat)	All Lev. NoGi BJJ 12pm - 1pm (Gray Mat)	Kids Karate Super Junior 11am - 11:45am (Gray Mat)
						Muay Thai 11am - 12pm (Red/Gray Mat)
	Kids Karate Tiny Tigers 5pm - 5:30pm (Red/Gray Mat)	Kids Karate Super Junior 5pm - 5:45pm (Gray Mat)	Kids Karate Super Junior 4:45pm - 5:30pm (Red/Gray Mat)	Kids Karate Tiny Tigers 4:45pm - 5:15pm (Gray Mat)		All Levels Gi BJJ 12pm - 1pm (Gray Mat)
	Kids Grappling Judo 5:15pm - 6pm (Gray Mat)	Fitness Kickboxing 5:15pm - 6pm (Red/Gray Mat)	Kids Grappling Judo 5:15pm - 6pm (Gray Mat)	Fitness Kickboxing 5:15pm - 6pm (Red/Gray Mat)		
	Kids Karate Super Junior 5:30pm - 6:15pm (Red/Gray Mat)	Kids Karate Tiny Tigers 6pm - 6:30pm (Red/Gray Mat)	Kids Karate Tiny Tigers 5:30pm - 6:00pm (Red/Gray Mat)	Kids Karate Super Junior 5:15pm - 6:00pm (Gray Mat)		
	Adults Judo 6pm - 7pm (Gray Mat)	Kids Grappling BJJ 6pm - 7pm (Gray Mat)	Adults Judo 6pm - 7pm (Gray Mat)	Kids Grappling BJJ 6pm - 7pm (Gray Mat)	Fitness Kickboxing 6pm - 7pm (Red/Gray Mat)	
	Advanced Gi BJJ 7pm - 8pm (Gray Mat)	Beginners Gi BJJ 7pm - 8pm (Gray Mat)	MMA Striking Fundamentals 6pm - 7pm (Red/Gray Mat)	Women's BJJ 6pm - 7pm (Red/Gray Mat)	All Lev. NoGi BJJ 7pm - 8:15pm (Gray Mat)	
	Fitness Kickboxing 7pm - 8pm (Red/Gray Mat)	Muay Thai 7pm - 8pm (Red/Gray Mat)	Fitness Kickboxing 7pm - 8pm (Red/Gray Mat)	Muay Thai 7pm - 8pm (Red/Gray Mat)	Muay Thai 7pm - 8pm (Gray Mat)	
	Beginners Gi BJJ 8pm - 9pm (Gray Mat)	All Lev. NoGi BJJ 8pm - 9pm (Gray Mat)	Beginners Gi BJJ 7pm - 8pm (Gray Mat)	All Levels Gi BJJ 7pm - 8pm (Gray Mat)		
	Muay Thai 8pm - 9pm (Red/Gray Mat)	Muay Thai Sparring* 8pm - 9pm (Red/Gray Mat)	All Lev. Gi BJJ (Open Mat/Q&A) 8pm - 9pm. (Gray Mat)	Muay Thai Sparring* 8pm - 9pm (Red/Gray Mat)		

PureMMA.com | 973-784-3777 | info@puremma.com

Tiny Tigers 3-5 yrs old
Super Junior 6-13 yrs old
Kids BJJ 4-13 yrs old
Kids Judo 4-13 yrs old
Advanced BJJ - 3 Stripe White Belt & Up
Expert BJJ - Purple Belt & Up
Muay Thai Sparring - 3 Months Experience

