



## CLASS SCHEDULE

(Please follow the facebook page and join the Facebook Group of your class for scheduling updates and announcements.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kickboxing</b>	6:15 - 7:00 am 12:00 - 12:45 pm 6:00 - 7:00 pm 7:00 - 8:00 pm Advanced Striking*	6:00 - 7:00 pm 7:00 - 8:00 pm	6:15 - 7:00 am 12:00 - 12:45 pm 6:00 - 7:00 pm 7:00 - 8:00 pm (sparring)	6:00 - 7:00 pm 7:00 - 8:00 pm	6:15 - 7:00 am 12:00 - 12:45 pm	10:00 - 11:00 am	4:00 - 5:00 (Boot Camp)
<b>MMA</b>	7:00 - 8:00 pm Advanced Striking*	7:00 - 8:00 pm	7:00 - 8:00 pm (sparring)	7:00 - 8:00 pm			11:00 am - ? (wrestling)** 4:00 - 5:00 (Boot Camp)
<b>BJJ</b>	12:00 - 1:00 pm 6:00 - 7:00 pm	6:00 - 7:00 am 6:00 - 7:00 pm (NOGI)	6:15-7:00am 12:00-1:00pm 6:00-7:00pm	6:00 - 7:00 am 6:00 - 7:00 pm (NOGI)	12:00 - 1:00 pm 6:00 - 7:00 pm	10:30 am - ? (open mat)	11:00 am - ? (wrestling)** 4:00 - 5:00 (Boot Camp)
<b>Kids (7+ yr olds)</b>	5:00 - 5:45 (BJJ)	5:30 - 6:15 pm (Kickboxing)	5:00 - 5:45 (BJJ)	5:30 - 6:15 pm (Kickboxing)			
<b>Spider Monkeys (4-6 yr olds)</b>		5:00 - 5:30 pm (BJJ)		5:00 - 5:30 pm (BJJ)			

If the gym is open for classes you are welcome to use weights or any area of the gym not being occupied by a class.

\*MMA Students are eligible for Advanced Striking with experience. Ask Coach Matt for approval

\*\*Please visit [westsidemma.com](http://westsidemma.com) for a current schedule and to register for classes

\*\*\*If you have any questions please feel free to text or call 501-663-3850