

# Core Combat Sports Training and Fitness

# 2010 Schedule

Style	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<i>All Jiu-Jitsu Classes are held in Room C</i>									
Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu with Gi	10:30 - 12:00	6:00 - 7:15 pm	10:30 - 12:00	6:00 - 7:15 pm		11:00 - 12:15 pm Open Mat		
	Brazilian Jiu-Jitsu No Gi/NHB	6:00 - 7:15 pm	10:30 - 12:00	6:00 - 7:15 pm	10:30 - 12:00		Combined sparring 12:00-1:00		
	Brazilian Jiu-Jitsu for Kids	5:00 - 6:00 pm Ages 8 - 12	5:00 - 5:45pm Ages 4 - 7	5:00 - 6:00 pm Ages 8 - 12	5:00 - 5:45pm Ages 4 - 7				
<i>All Boxing and Bag Classes are held in Room B</i>									
KETTLE BELL	Kettle Bell		7:30 - 8:30 pm		7:30 - 8:30pm		9:00 - 10:00 am	2:00 - 3:00	
<i>All Judo Classes are held in Room C</i>									
Boxing	Boxing		6:00 - 8:00 pm		6:00 - 8:00 pm				
	<i>All Krav Maga Classes are held in Room A</i>								
	Judo	Judo	7:30 - 9:00 pm			7:30 - 9:00 pm			
Judo Randori								12:00 - 2:00 pm	
Kaba Judo							2:00 - 3:00 pm off location		
<i>All Muay Thai Classes are held in Room B</i>									
Krav Maga	Krav Maga (Beginning - Intermediate)	6:30 - 7:30 pm		6:30 - 7:30 pm			10:00 - 11:00 am		
	Krav Maga (Intermediate - Advanced)		6:30 - 7:30 pm		6:30 - 7:30 pm		11:00 - 12:00 pm		
	Krav Maga Combatives	12:00 - 1:00pm	12:00 - 1:00 pm		12:00 - 1:00 pm	12:00 - 1:00pm			
Maui Thai	Fitness Bag	6:00 - 6:45 pm		6:00 - 6:45 pm			11:00 - 12:00 pm		
	Muay Thai		7:00 - 8:30 pm		7:00 - 8:30 pm				

\*\* Personal Training Available upon Request \*\*

**Fitness Center Hours:**

- Mon - Thurs 7:00 am - 9:00 pm
- Friday 7:00 am - 6:00 pm
- Saturday 9:00 am - 3:00 pm
- Closed Sunday