



# TRAFFORD MMA

# CLASS SCHEDULE

| TIME  | Mon                                    | Tues                              | Wed                                | Thur                              | Fri                           | Sat             | Sun         |
|-------|--|-----------------------------------|------------------------------------|-----------------------------------|-------------------------------|-----------------|-------------|
| 10:00 | MMA FITNESS<br>(Jonny)                 | MMA FITNESS<br>(Cat)              | Martial Fitness<br>(Kangwa)        | MMA FITNESS<br>(Aqeel)            | MMA FITNESS<br>(Cat)          |                 |             |
| 11:00 | ADVANCED MMA<br>(INVITE ONLY)          | Womens Class<br>(Cat)             | ADVANCED MMA<br>(INVITE ONLY)      |                                   | ADVANCED MMA<br>(INVITE ONLY) |                 |             |
| 12:00 |  |                                   |                                    |                                   |                               | MMA<br>Sparring |             |
| 13:00 |  |                                   |                                    |                                   |                               |                 | OPEN<br>MAT |
| 17:00 | YOUTH<br>MMA                           |                                   | YOUTH<br>MMA                       | FREE MMA FIT                      | YOUTH<br>MMA                  |                 |             |
| 18:00 | FREESTYLE<br>BOXING                    | MMA<br>BODY<br>BLAST              | FREESTYLE<br>BOXING                | MMA<br>BODY<br>BLAST              | WRESTLING                     |                 |             |
| 19:00 | MMA<br>FUNDAMENTALS<br>(Sub Grappling) | MMA<br>FUNDAMENTALS<br>(Striking) | MMA<br>FUNDAMENTALS<br>(Wrestling) | MMA<br>FUNDAMENTALS<br>(Striking) |                               |                 |             |
| 20:00 | K1 Kickboxing                          | Grappling                         | MMA<br>Sparring                    | BJJ                               |                               |                 |             |

