

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BRAZILIAN JIU-JITSU		BRAZILIAN JIU-JITSU		BRAZILIAN JIU-JITSU		CLOSED
7:30am						BRAZILIAN JIU-JITSU	
8:00am	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP		
9:00am	FLEXIBILITY	FLEXIBILITY	FLEXIBILITY	FLEXIBILITY	FLEXIBILITY		
12:00pm	BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU		
4:00pm	KIDS MMA (3-5)	*KIDS BOOT CAMP (3-5) *KIDS BOOT CAMP (6-9)	KIDS MMA (3-5)	*KIDS BOOT CAMP (3-5) *KIDS BOOT CAMP (6-9)	TEENS/KIDS COMPETITION CLASS		
4:30pm	*KIDS MMA (6-9) *TEENS BOOT CAMP (10-14)	TEENS MMA (10-14)	*KIDS MMA (6-9) *TEENS BOOT CAMP (10-14)	TEENS MMA (10-14)			
5:00pm							
5:15pm	KIDS MMA (6-9)		KIDS MMA (6-9)				
5:30pm	*BRAZILIAN JIU-JITSU *MUAY THAI/BOXING FUNDAMENTALS	TEENS MMA (10-14)	*BRAZILIAN JIU-JITSU *MUAY THAI/BOXING FUNDAMENTALS	TEENS MMA (10-14)			
6:00pm	MUAY THAI/KICKBOXING		MUAY THAI/KICKBOXING		BRAZILIAN JIU-JITSU		
6:30pm		*BOXING *OPEN MAT *BRAZILIAN JIU-JITSU FUNDAMENTALS (0-3 MONTHS EXPERIENCE)		*BOXING *OPEN MAT *BRAZILIAN JIU-JITSU FUNDAMENTALS (0-3 MONTHS EXPERIENCE)			
7:30pm		ADVANCED BOXING		ADVANCED BOXING			

1410 US HWY 98 STE D - DAPHNE, AL 36526
 PH & FX (251) 621-0304
 INFO@YCMMA.COM WWW.YCMMA.COM
 SCHEDULE IS SUBJECT TO CHANGE



EFFECTIVE: June 15th, 2020
 *THESE CLASSES WILL RUN SIMULTANEOUSLY.

