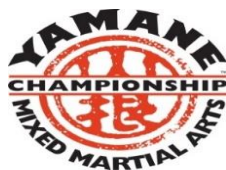


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BRAZILIAN JIU-JITSU		BRAZILIAN JIU-JITSU		BRAZILIAN JIU-JITSU		
7:30am						BRAZILIAN JIU-JITSU	
8:00am	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP		
9:00am	FLEXIBILITY	FLEXIBILITY	FLEXIBILITY	FLEXIBILITY	FLEXIBILITY		
11:30am	BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU		2 PM OPEN MAT 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 MMA (10-14)	KIDS MMA (6-9)	TEENS MMA (10-14)			
5:00pm							
5:15pm	*KIDS MMA (6-9) *TEENS BOOT CAMP (10-14)		*KIDS MMA (6-9) *TEENS BOOT CAMP (10-14)				
5:30pm	MUAY THAI/ BOXING FUNDAMENTALS	TEENS MMA (10-14)	MUAY THAI/ BOXING FUNDAMENTALS	TEENS MMA (10-14)			
6:00pm	**BRAZILIAN JIU-JITSU FUNDAMENTALS *MUAY THAI/ KICKBOXING		**BRAZILIAN JIU-JITSU FUNDAMENTALS *MUAY THAI/ KICKBOXING		BRAZILIAN JIU-JITSU		
6:30pm	BRAZILIAN JIU-JITSU	*BOXING *OPEN MAT **BRAZILIAN JIU-JITSU FUNDAMENTALS	BRAZILIAN JIU-JITSU	*BOXING *OPEN MAT **BRAZILIAN JIU-JITSU FUNDAMENTALS			
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: February 23rd, 2021

*THESE CLASSES WILL RUN
SIMULTANEOUSLY.

**FUNDAMENTAL CLASSES ARE FOR
STUDENTS WITH 0-6 MONTHS
EXPERIENCE.