

**MMA  
SCHEDULE**

**COMBAT SPORTS ACADEMY**  
MMA • MUAY THAI • KRAV MAGA • JIU-JITSU • CROSSFIT

**MMA  
SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
9:00 AM	<b>Muaythai</b> Coach - Kirian	<b>Boxing</b> Coach - Amber	<b>Muaythai</b> Coach - Kirian	<b>Boxing</b> Coach - Amber	<b>Muaythai</b> Coach - Kirian	<b>Bag Class</b> Coach - Amber
10:00 AM						
11:00 AM						<b>Brazilian Jiu-Jitsu</b> Coach - Jessica
12:00 PM	<b>Bag Class</b> Coach - MJ	<b>Bag Class</b> Coach - Kirian	<b>Bag Class</b> Coach - MJ	<b>Bag Class</b> Coach - Kirian	<b>Bag Class</b> Coach - Kirian	<b>*Muaythai (Advanced)</b> Coach - Kirian
12:30 PM		<b>*MMA (Advanced)</b> Coach - Gilbert		<b>*MMA (Advanced)</b> Coach - Adam		
5:30 PM	<b>Boxing</b> Coach - MJ	<b>*Muaythai (Advanced)</b> Coach - Kirian	<b>Boxing</b> Coach - MJ	<b>*Muaythai (Advanced)</b> Coach - Kirian	<b>Boxing</b> Coach - Kirian	
6:30 PM	<b>Muaythai</b> Coach - Kirian	<b>Muaythai</b> Coach - Kirian	<b>Muaythai</b> Coach - Kirian	<b>Muaythai</b> Coach - MJ	<b>Muaythai</b> Coach - Kirian	
6:30 PM	<b>BJJ (Fundamentals)</b> Coach - Jessica		<b>BJJ (Fundamentals)</b> Coach - Jessica			
7:30 PM	<b>Brazilian JiuJitsu (GI)</b> Coach - Jessica	<b>Brazilian JiuJitsu (NoGI)</b> Coach - Jessica	<b>Brazilian JiuJitsu (GI)</b> Coach - Jessica	<b>Brazilian JiuJitsu (NoGI)</b> Coach - Jessica		
7:30 PM	<b>*Sparring (Advanced)</b>					rev 5/31/2022