

2011 Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil Champs 4-6 30 min		5:15 PM		5:15 PM		10:00 AM- 10:30 AM
White-Orange 7-14 45 min	5:15 PM	4:30 PM 6:30 PM	5:15 PM	4:30 PM 6:30 PM	5-5:30 Weapons 5:30-6 Sparring	10-10:30am OR 10:30-11:15 sparring
Purple-Black 45 min	4:30 PM	5:45 PM	4:30 PM	5:45 PM	5-5:30 Weapons 5:30-6 Sparring	10:30-11:15 Sparring
Combat Fitness 30-45 min	9:00 AM 6:00 PM	7:15 PM	9:00 AM 6:00 PM	7:15 PM	9:00 AM	9:00 AM
Teen/Adult MMA	6:45 PM	8:00 PM	6:45 PM	8:00 PM		9:30 AM
Brazilian Jiu Jitsu	7:30 PM		7:30 PM			11:15-12:00 Kids BJJ
Demo/ Competition					6:00pm- 6:30pm	10:00am TBA (bring running shoes)

Private Lessons are available by appointment. All students are required to attend at least 24 classes in each testing Cycle(2 classes/week), **TIP testing** will be the last Wednesday/Thursday of every month. Please wear your full uniform during any testing and on Mondays/Tuesdays. Students may wear approved East West MMA pro shop apparel Wednesdays-Saturdays. Bring weapons/sparring gear to class everyday.

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