

Ultimate MMA Training Center, LLC

336 State Street, North Haven, CT

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
10:00 - 11:00 AM	<i>Muay Thai / MMA All Levels</i>		<i>Muay Thai / MMA All Levels</i>		<i>Muay Thai / MMA All Levels</i>	<i>Muay Thai / MMA All Levels</i>
10:30 - 11:00AM						<i>Kids BJJ - Gi Beginner Class</i>
11:00 - 12:00 PM	<i>Brazilian Jiu-jitsu No Gi - Mixed</i>		<i>Brazilian Jiu-jitsu No Gi - Mixed</i>		<i>Brazilian Jiu-jitsu No Gi - Mixed</i>	<i>Brazilian Jiu-jitsu No Gi - Adults / Adv. Kids</i>
5:15 - 6:00 PM	<i>Kids Muay Thai All Levels</i>				<i>Kids Muay Thai All Levels</i>	
5:45 - 6:30 PM		<i>Kids BJJ - Gi All Levels</i>		<i>Kids BJJ - Gi All Levels</i>		
6:00 - 6:45 PM	<i>Brazilian Jiu-jitsu Fundamentals</i>		<i>Brazilian Jiu-jitsu Fundamentals</i>		<i>Brazilian Jiu-jitsu Fundamentals</i>	
6:00 - 7:30 PM	<i>Brazilian Jiu-jitsu Gi Class - Mixed</i>		<i>Brazilian Jiu-jitsu Gi Class - Mixed</i>		<i>Brazilian Jiu-jitsu Gi Class - Mixed</i>	
6:30 - 7:30 PM		<i>Brazilian Jiu-jitsu No Gi - Blue B</i>		<i>Brazilian Jiu-jitsu No Gi - Blue B</i>		
6:30 - 7:30 PM		<i>BOXING Cardio / Drills</i>		<i>BOXING Cardio / Drills</i>		
7:30 - 8:30 PM	<i>Muay Thai / MMA Level 1</i>		<i>Muay Thai / MMA Level 1</i>			
7:30 - 8:30 PM	<i>Brazilian Jiu-jitsu Gi Class - Blue B</i>	<i>Brazilian Jiu-jitsu No Gi - Purple B MMA Level 2</i>	<i>Brazilian Jiu-jitsu Gi Class - Blue B</i>	<i>Brazilian Jiu-jitsu No Gi - Purple B MMA Level 2</i>		

www.ultimatemmact.com

For more info contact Andrew Calandrelli at 203.230.9017