

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>
9:15 - 10:00 AM						<i>Kids MMA - Adv. Ages 8 - 11</i>
10:00 - 11:00 AM	<i>MMA Class All Levels Muay Thai / Boxing</i>		<i>MMA Class All Levels Muay Thai / Boxing</i>		<i>MMA Class All Levels Muay Thai / Boxing</i>	<i>MMA Class All Levels Muay Thai / Boxing</i>
10:00 - 11:00 AM						<i>Brazilian Jiu-jitsu Gi Class - Adv. Blue Belts & up</i>
11:00 - 12:00 PM	<i>Brazilian Jiu-jitsu No Gi - All Levels</i>		<i>Brazilian Jiu-jitsu No Gi - All Levels</i>		<i>Brazilian Jiu-jitsu No Gi - All Levels</i>	<i>Brazilian Jiu-jitsu No Gi - All Levels</i>
5:00 - 5:45 PM		<i>Kids Muay Thai Ages 8 - 11</i>		<i>Kids Muay Thai Ages 8 - 11</i>		
5:00 - 6:00 PM	<i>Open Grappling Gi - Small Mat Blue Belt & up</i>		<i>Open Grappling Gi - Small Mat Blue Belt & up</i>		<i>Open Grappling Gi - Small Mat Blue Belt & up</i>	
5:45 - 6:30 PM		<i>Kids BJJ - Beg. Gi Ages 5 - 11</i>		<i>Kids BJJ - Beg. Gi Ages 5 - 11</i>		
6:00 - 7:00 PM	<i>Brazilian Jiu-jitsu Gi Class - Beg. White Belts Only</i>		<i>Brazilian Jiu-jitsu No Gi Class - Beg. White Belts Only</i>		<i>Brazilian Jiu-jitsu Gi Class - Beg. White Belts Only</i>	
6:30 - 7:30 PM		<i>MMA Class Beginner Muay Thai / Boxing</i>		<i>MMA Class Beginner Muay Thai / Boxing</i>		
7:00 - 8:00 PM	<i>Brazilian Jiu-jitsu Gi Class - Adv. Blue Belts & up</i>		<i>Brazilian Jiu-jitsu No Gi Class - Adv. Blue Belts & up</i>		<i>Brazilian Jiu-jitsu Gi Class - Adv. Blue Belts & up</i>	
7:30 - 8:30 PM		<i>MMA Class Advanced Wrestling / BJJ</i>		<i>MMA Class Advanced Wrestling / BJJ</i>		