

MOMENTUM

MARTIAL ARTS

ADULT FOUNDATIONS

MMA
M-6:30pm
T-5:30pm
W-12pm
Th-6:30pm

Boxing
F-12pm

Muay Thai
M-11am
T-11am
W-5pm
Th-11am
F-6:30pm
S-12:30pm

Jiu Jitsu
M-6am/5:30pm **GI**
T-12pm **GI**
W-1pm/6pm **NOGI**
Th-12/7:30pm **NOGI**
F-6am **NOGI**
S-9am **GI**

Womens MMA
T-4:30pm
W-10:30am
Th-4:30pm
F-10am

Womens Jiu Jitsu
M-10am
T-5:30pm
F-11am
S-11am

KIDS CLASSES

MMA
M-5:30pm
T-4:30pm
W-11am
F-11am/5pm

Jiu Jitsu
M-11am/4:30pm **GI**
T-5:30pm **GI**
W-4:15pm **NOGI**
Th-6:30pm **NOGI**
F-4:30pm **NOGI**
S-10:30am **GI**

Muay Thai
W-5pm
Th-4:30pm
S-11:30am

Boxing
W-12pm
F-12pm
S-12:30pm

NINJAS (4-7YRS MMA)

M-10:30am/4:30pm
T-4:30pm/5pm
W-10:30am/4:30pm
Th-4:30pm/5pm
F-10:30am/4:30pm
S-11am

DRAGONS (TODDLERS <4)

T-4:00pm
W-10:00am
Th-4:00pm
S-10:30am