

**UNITED MMA**  
**TRAINING SCHEDULE**

Monday		Tuesday	Wednesday		Thursday	Friday	Saturday
3:30 School Opens		3:30 School Opens	3:30 School Opens		3:30 School Opens		10:00 AM Tigers Age 3-6
4:00 Children Age 5-8 45-60 min		4:00 Children Age 5-8 45-60 min	4:00 Children Age 5-8 45-60 min		4:00 Children Age 5-8 45-60 min		10:30 AM Children Age 7-9 45-60 min
5:00 Youth Age 9-12 60-90 min		5:00 Youth Age 9-12 60-90 min	5:00 Youth Age 9-12 60-90 min		5:00 Youth Age 9-12 60-90 min		11:30 AM Youth Age 10-12 60-90 min
MAT A	MAT B	MAT A/B	MAT A	MAT B	MAT A/B		2:00 School Closes  Private Lessons Available
6:00 Adult Age 13+ 120 min:		6:00 Adult Age 13+ 120 min:	6:00 Adult Age 13+ 120 min =		6:00 Adult Age 13+ 120 min:		
6:00-7:00 Striking		6:00-7:00 Striking	6:00-7:00 Striking		6:00-7:00 Striking		
7:00-7:20 "Stripes"	7:00 Women's KBoxing	7:00-7:20 "Stripes"	7:00-7:20 "Stripes"	7:00 Women's KBoxing	7:00-7:20 "Stripes"		
7:20-8:00 Grappling		7:20-8:00 Grappling	7:20-8:00 Grappling		7:20-8:00 Grappling		
9:00 School Closes		9:00 School Closes	9:00 School Closes		9:00 School Closes		

Membership Dues:  
 Unlimited - \$110/ month  
 Twice/Week- \$90/ month  
 Once/Week- \$60/ month  
 Tiny Tigers- \$45/ month

Please Note: We are closed for all statutory holidays, as well as 2 weeks in the Winter and 2 weeks in the Summer. Students may make up missed classes within the month. Also, no credit is given for classes that a student fails to attend.

ALL AGES AND ABILITIES WELCOME!

STUDENTS MUST ATTEND AGE-APPROPRIATE CLASSES!