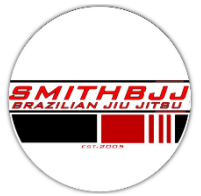




# MONSTER MARTIAL ARTS ADULTS



MON	TUE	WED	THUR	FRI	SAT
		6.00AM NO GI BRAZILIAN JIU JITSU		6.00 AM BRAZILIAN JIU JITSU	
					9.15AM FIGHT FIT ALL LEVELS
					10AM OPEN MAT BJJ/MMA/ Muay Thai
				5.00PM WOMEN'S BJJ (Teens & Adults)	
5.30PM MUAY THAI	5.30PM MUAY THAI FOR MMA	5.30PM NO GI BRAZILIAN JIU JITSU	5.30PM MUAY THAI FOR MMA	5.30PM MUAY THAI FOR MMA	
5.30PM BRAZILIAN JIU JITSU	6.30PM MMA BEGINNERS		6.30PM MMA BEGINNERS	6.30PM MMA BEGINNERS	
7.00PM OPEN MAT		7.00PM OPEN MAT			
	7.30PM ADVANCED MMA (30mins)		7.30PM ADVANCED MMA (30mins)		