



MONSTER MARTIAL ARTS ADULTS



MON	TUE	WED	THUR	FRI	SAT
		6.00AM BJJ NO GI ALL LEVELS		6.00 AM BJJ GI ALL LEVELS	
					9.30AM OPEN MAT
				5.00PM WOMEN'S BJJ (Teens &Adults)	
5.30PM MUAY THAI	5.30PM MUAY THAI FOR MMA	5.30PM BJJ NO GI ALL LEVELS	5.30PM MUAY THAI FOR MMA	5.30PM BOXING FOR MMA	
5.30PM BJJ GI ALL LEVELS	6.30PM MMA (Shoot-Box)		6.30PM MMA (Wall Work/ Ground&Pound)		