

SCHEDULE 2024

---971 MMA & FITNESS ACADEMY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	MMA		MMA		MMA		O P E N
10:00	Boxing + Muay Thai		Boxing + Muay Thai		Boxing + Muay Thai	MMA Teens 10-15	
						BJJ-All Levels	
						Boxing + Muay Thai	
						MMA	
11:00	PRO Team (MMA Striking)	PRO Team (MMA Wrestling)	PRO Team (MMA Sparring)	PRO Team (MMA Striking)	PRO Team (MMA Wrestling)	PRO Team (MMA Sparring)	
						Circuit Training	
						Boxing + Muay Thai	
16:00	Judo Kids 4-10	MMA (strength-cond.)	Judo Kids 4-10	MMA (strength-cond.)	Judo Kids 4-10		
		BJJ Kids 7-14		BJJ Kids 7-14			
16:30	PRO Team	PRO Team	PRO Team	PRO Team	PRO Team		
17:00	Boxing + Muay Thai 10-15	MMA Teens 10-15	Boxing + Muay Thai 10-15	MMA Teens 10-15	Boxing + Muay Thai 10-15		M A T
	Karate Kids 5-12	Self Def. Anti Bullying	Karate (Kids) 5-12	Self Def. Anti Bullying	Karate (Kids) 5-12		
	Circuit Training		Circuit Training		Circuit Training		
18:00	Boxing + Muay Thai	Boxing + Muay Thai	Boxing + Muay Thai	Boxing + Muay Thai	Boxing + Muay Thai		
	BJJ-All Levels	BJJ-All Levels	BJJ-All Levels	BJJ-All Levels	BJJ-All Levels		
19:00	MMA	MMA	MMA	MMA	MMA		
	Boxing + Muay Thai	Boxing + Muay Thai	Boxing + Muay Thai	Boxing + Muay Thai	Boxing + Muay Thai		
	BJJ-All Levels	Circuit Training	BJJ-All Levels	Circuit Training	BJJ-All Levels		
20:00	Karate (Adults) 13+	BJJ NoGi	Karate (Adults) 13+	BJJ NoGi	Karate (Adults) 13+		
		MMA		MMA			

STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00		BWA					OPEN MAT
08:30		BWA					
10:00						Boxing Full Body	
11:00							BWA
12:30							BWA
18:00	Boxing Legs Glute		Boxing Legs Glute		Boxing Legs Glute		OPEN MAT
19:00			BWA				
20:00	MMA Fitness	Boxing Full Body	MMA Fitness	Boxing Full Body	MMA Fitness		

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