



ANGRY MONKEY MMA

2019 CLASS SCHEDULE

FREE TRIAL CLASSES AVAILABLE
GO TO ANGRYMONKEYMMA.COM

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|----------------------------------------------|----------------------------------------------------|-----------------------------------------------|-------------------------------------------------|---------------------------------------------|----------------------------------------------------|-----------------------------------------------|------------------------------------------------|----------------------------------------------|----------------------------------------------------|
| TOP FLOOR | BOTTOM FLOOR | TOP FLOOR | BOTTOM FLOOR | TOP FLOOR | BOTTOM FLOOR | TOP FLOOR | BOTTOM FLOOR | TOP FLOOR | BOTTOM FLOOR |
| OPEN GYM 9:00am - 12:00pm | Muay Thai (All levels) 10:30 - 11:45am | CLOSED | | OPEN GYM 9:00am - 12:00pm | Muay Thai (All levels) 10:30 - 11:45am | CLOSED | | OPEN GYM 9:00am - 12:00pm | Muay Thai (All levels) 10:30 - 11:45am |
| CLOSED 12:00pm - 4:15pm | | CLOSED | | CLOSED 12:00pm - 4:15pm | | CLOSED | | CLOSED 12:00pm - 4:15pm | |
| Kids Boxing 4:45 - 5:45pm 8-11 yrs old | Teen Jiu Jitsu 5:00 - 6:00pm 12 - 15 yrs old | Teen Boxing 4:45 - 5:45pm 12-15 yrs old | Kids Jiu Jitsu 5:00 - 6:00pm 8-11 yrs old | Kids Boxing 4:45 - 5:30pm 5-7 yrs old | Teen Muay Thai 5:00 - 6:00pm 12 - 15 yrs old | Teen Boxing 4:45 - 5:45pm 12-15 yrs old | Kids Jiu Jitsu 5:00 - 5:45pm 5-7 yrs old | Kids Boxing 4:45 - 5:30pm 5-7 yrs old | Teen Muay Thai 5:00 - 6:00pm 12 - 15 yrs old |
| Cross Training 6:00 - 7:00pm | Women's Kickboxing 6:15 - 7:15pm | Cross Training 6:00 - 7:00pm | Muay Thai (Level 1) 6:15 - 7:30pm | Cross Training 6:00 - 7:00pm | Women's Kickboxing 6:15 - 7:15pm | Cross Training 6:00 - 7:00pm | Muay Thai (Level 1) 6:15 - 7:30pm | Kids Boxing 5:45 - 6:45pm 8-11 yrs old | Women's Kickboxing 6:15 - 7:15pm |
| Boxing (All levels) 7:00 - 8:15pm | K1 / Muay Thai (Level 2) 7:15 - 8:30pm | Boxing (All levels) 7:00 - 8:15pm | Brazilian Jiu Jitsu (GI) 7:30 - 9:00pm | CLOSED | | Boxing (All levels) 7:00 - 8:15pm | Brazilian Jiu Jitsu (GI) 7:30 - 9:00pm | Boxing (All levels) 7:00 - 8:15pm | Brazilian Jiu Jitsu (No GI) 7:15 - 8:45pm |

| SATURDAY | |
|-----------------------------------------------------|----------------------------------------------------|
| TOP FLOOR | BOTTOM FLOOR |
| Kids Jiu Jitsu 10:00 - 10:45am 5-7 yrs old | Little Monkey BJJ 9:15 - 10:00am 3-4 yrs old |
| Kids Jiu Jitsu 11:00 - 12:00pm 8-11 yrs old | Muay Thai (Level 1) 10:15 - 11:30am |
| Teen Jiu Jitsu 12:15 - 1:15pm 12 - 15 yrs old | Brazilian Jiu Jitsu (GI) 11:30 - 1:00pm |
| CLOSED 2:30PM | |
| K1 / Muay Thai (Level 2) 1:00 - 2:15pm | |

CLOSED 9:00PM

CLOSED 9:00PM

CLOSED 9:00PM

CLOSED 9:00PM

CLOSED 9:00PM

- MUAY THAI BEGINNER
- CROSS TRAINING
- MUAY THAI INTERMEDIATE / ADVANCED
- WOMEN'S KICKBOXING
- BOXING
- KIDS JIU JITSU
- BRAZILIAN JIU JITSU
- KIDS BOXING
- TEEN MUAY THAI

FREE TRIAL CLASSES • COURS D'ESSAI GRATUITS DISPONIBLES!