ANGRY MONKEY MMA
2019 CLASS SCHEDULE

FREE TRIAL CLASSES AVAILABLE
GO TO ANGRYMONKEYMMA.COM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
TOP FLOOR	BOTTOM FLOOR	TOP FLOOR	BOTTOM FLOOR	TOP FLOOR	BOTTOM FLOOR	TOP FLOOR	BOTTOM FLOOR	TOP FLOOR	BOTTOM FLOOR	TOP FLOOR	BOTTOM FLOOR
		Muay Thai Level 1 & 2 10:00 - 11:15am				Muay Thai Level 1 & 2 10:00 - 11:15am					Women's Kickboxing 10:00 - 11:00am
		Open Gym 9:30 - 12:30pm				Open Gym 9:30 - 12:30pm				Boxing (All levels) 11:00 - 12:15pm	Muay Thai (Level 1) 11:00 - 12:15pm
Kids Boxing 4:45 - 5:45pm 8-11 yrs old	Kids Jiu Jitsu 4:45 - 5:30pm 5 - 7 yrs old	Teen Boxing 4:45 - 5:45pm 12-15 yrs old	Kids Jiu Jitsu 4:45 - 5:45pm 8-11 yrs old	Kids Boxing 4:45 - 5:45pm 8-11 yrs old	Teens Jiu Jitsu 5:00 - 6:00pm 12-15 yrs old	Teen Boxing 4:45 - 5:45pm 12-15 yrs old	Little Monkey BJJ 5:15 - 6:00pm 3-4 yrs old	Kids Boxing 4:45 - 5:30pm 5-7 yrs old		Boxing Comp. Team Training 12:30 - 1:30pm	Brazilian Jiu Jitsu (Gi) 12:15 - 1:45pm
Women's Kickboxing 6:00 - 7:00pm	K1 / Muay Thai (Level 2) 6:00 - 7:15pm	Muay Thai (Level 1) 6:00 - 7:15tpm	Brazilian Jiu Jitsu (Gi) 6:00 - 7:30pm	Cross Training 6:00 - 7:00pm	Women's Kickboxing 6:00 - 7:00pm	Women's Kickboxing 6:00 - 7:00pm	Brazilian Jiu Jitsu 6:00 - 7:30pm	Kids Jiu Jitsu 5:30 - 6:30pm 8-11 yrs old	Muay Thai (Level 2) 6:00 - 7:15pm		
Boxing (All levels) 7:15 - 8:30pm	Brazilian Jiu Jitsu (Gi) 7:15 - 8:45pm	Boxing (All levels) 7:15 - 8:30pm	Muay Thai (Level 2) 7:30 - 8:45pm	Muay Thai (Level 1) 7:00 - 8:15pm	Takedowns & MMA Grappling 7:15 - 8:45pm	Boxing (All levels) 7:15 - 8:30pm	Muay Thai (Level 2) 7:30 - 8:45pm	Teens Jiu Jitsu 6:30 - 7:30pm 12-15 yrs old	Muay Thai (Level 1) 7:15 - 8:45pm		
CLOSED 9:00PM		CLOSED 9:00PM		CLOSED 9:00PM		CLOSED 9:00PM		CLOSED 9:00PM		CLOSED 2:00PM	

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

FREE TRIAL CLASSES • COURS D'ESSAI GRATUITS DISPONIBLES!