



# ANGRY MONKEY MMA 2020 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
Open - 10:00am		Open - 9:30		Open - 10:00am		Open - 9:30		Open - 4:30pm		Open 9:30am	
Kids/Teen Boxing 4:45 - 5:45pm 8-11 yrs old 12-15 yrs old	Muay Thai (Level 1) Workshop 5:00 - 5:55pm	Muay Thai (All levels) 10:00 - 11:15am	Kids Jiu Jitsu 5:00 - 6:00pm 8-11 yrs old 12-15 yrs old			Muay Thai (All levels) 10:00 - 11:15am	Kids/Teen Boxing 4:45 - 5:45pm 8-11 yrs old 12-15 yrs old		Kids Jiu Jitsu 5:15 - 6:15pm 8-11 yrs old 12-15 yrs old	Kids Jiu Jitsu 10 - 10:45am 5 - 7 yrs old	Kids Jiu Jitsu 11 - 11:45am 3 - 4 yrs old
Muay Thai (Level 2) 6:00 - 7:15pm	Women's Kickboxing 6:00 - 7:00pm	Muay Thai (Level 1) 6:00 - 7:15pm	Brazilian Jiu Jitsu (Gi) 6:00 - 7:30pm	Muay Thai (All Levels) Clinching 6:00 - 7:10pm	Women's Kickboxing 6:00 - 7:00pm	Women's Kickboxing 6:00 - 7:00pm	Brazilian Jiu Jitsu (Gi) 6:00 - 7:30pm	Muay Thai (Level 2) 6:00 - 7:15pm		Kids Boxing 11:00 - 11:45am 5-7 years old	Muay Thai / K1 (Level 1) 12:00 - 1:15pm
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	BJJ (No-gi) / Wrestling 7:15 - 8:30pm	Muay Thai (Level 1) 7:00 - 8:15pm	Boxing (All levels) 7:15 - 8:30pm	Muay Thai (Level 2) 7:30 - 8:45pm	Muay Thai (Level 1) 7:15 - 8:30pm		Boxing (All levels) 12:00 - 1:15pm	Brazilian Jiu Jitsu (Gi) 1:15 - 2:45pm

**CLOSED 9:00PM**

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**CLOSED 2:00PM**

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

**FREE TRIAL CLASSES • COURS D'ESSAI GRATUITS DISPONIBLES!**