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| **ELITE MIXED MARTIAL ARTS CENTER** |

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|  |  | **March 2020** | **PROGRAM SCHEDULE**  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| CLASS  |  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
| OPEN SESSION/ DEGREE TRAINING |  |  | 530PM-6PM |  |  | 9AM-930AM |
| LITTLE DRAGONS |  | 5:30PM-6:00PM |   |   | 5:30PM-6:00PM | 9:30AM-10:00AM |
| YOUTH - Beginner |  |   | 6:00PM-7:00PM |   | 6:00PM-7:00PM | 10:00AM-11:00AM |
| YOUTH - Intermediate |  | \*6:00PM-7:00PM |   | \*6:00PM-7:00PM |   | \*11:00AM-12:00PM |
| BLACKBELT - YOUTH |  |   |   | 7:00PM-8:00PM  |   | 12:00PM-1:00PM |
| ADULT  |  | 7:00PM-8:00PM |   |   | 7:00PM-8:00PM | \*1:00PM-2:00PM |
| BLACKBELT-ADULT |  |   | 7:00pm-8:00pm |   |   |   |
| DEMO TEAM |  |   |   |   |   | 12:00PM-1:00PM |
| COMBAT SABER - ADULT  |  |   |   |   |   | 2:30PM-3:30PM |

**PLEASE NOTE CHANGES IN SCHEDULE**

**Board Breaking - Moved to April 2020 - More information to follow**

**March/2020 - Week 1 - Stand-up (Sparring Gear) Week 2 - Clinch Week 3 - Ground (grappling shorts) Week 4 - Test/Kata**

 **\* - Advanced Students Can Attend**