|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | |  | |  |  |  | |  |  | |  |
|  |  |  | |  | | --- | | **ELITE MIXED MARTIAL ARTS CENTER** | | | | | |  |
|  |  |  |  | |  |  | |  |
|  |  | **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**