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| **ELITE MIXED MARTIAL ARTS CENTER** |

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|  |  | **October 2020** | **PROGRAM SCHEDULE**  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| CLASS  |  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
| OPEN SESSION/ DEGREE TRAINING |  |  |  |  |  | 9AM-930AM |
| LITTLE DRAGONS |  | 5:30PM-6:00PM |   |   | 5:30PM-6:00PM | 9:30AM-10:00AM |
| YOUTH - Beginner |  |   | ZOOM – white/blue7:00PM-730PM |   | 6:15PM-7:00PM | 10:15AM-11:00AM |
| YOUTH - Intermediate |  | \*6:15PM-7:00PM | ZOOM –Red/Green/Brown/Black7PM- 730PM |  |  | \*11:15AM-12:00PM |
| BLACKBELT - YOUTH |  |   | 6PM-7PM  |  |   | 12:15PM-1:00PM |
| ADULT  |  | 7:15PM-8:00PM |   |   | 7:15PM-8:00PM | \*1:15PM-2:00PM |
| BLACKBELT/INSTRUCTOR - ADULT |  |   | 6PM-7PM |   |   |   |
| DEMO |  |   |   |   |   | 12:15PM-1PM |
| COMBAT SABER - ADULT |  |   |   |   |   |  |

**PLEASE NOTE CHANGES IN SCHEDULE**

**10/2020 - Week 1 - Stand-up (Sparring Gear) Week 2 - Clinch Week 3 - Ground (grappling shorts) Week 4 - Test/Kata**

 **- X-tra Week – Test/Kata \* - Advanced Students Can Attend**

**Week of: 10/19/2020 Board Breaking – Please note: Chart attached with specific board breaking classes**

**10/31/2020 Halloween Games during each student’s class – Students can wear Halloween Costume – 3 stations of games, food items will**

 **awarded during each station**