

# PURE MIXED MARTIAL ARTS

ROCKAWAY, NJ | BOONTON, NJ

## ROCKAWAY LOCATION

ADULTS JIU JITSU	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Levels NoGi 12:00pm - 1:00pm	All Levels Gi 6:30am - 7:30am	All Levels NoGi 6:30am - 7:30am	All Levels NoGi 6:30am - 7:30am	All Levels Gi 6:30am - 7:30am	All Levels NoGi 6:30am - 7:30am	NoGi Open Mat 8:00am - 9:00am
		Expert NoGi 11:00am - 12:00pm	All Levels NoGi 12:00pm - 1:00pm	All Levels Gi 12:00pm - 1:00pm	All Levels NoGi 12:00pm - 1:00pm	All Levels Gi 12:00pm - 1:00pm	All Levels Gi 12:00pm - 1:00pm
		All Levels Gi 12:00pm - 1:00pm	Advanced Gi 6:30pm - 7:30pm	All Levels NoGi 6:30pm - 7:30pm	Women's Gi 6:30pm - 7:30pm	All Levels NoGi 7:00pm - 8:00pm	
		Women's NoGi 6:30pm - 7:30pm	Beginners Gi 7:30pm - 8:30pm		Advanced Gi 6:30pm - 7:30pm		
		All Levels Gi 6:30pm - 7:30pm			Beginners Gi 7:30pm - 8:30pm		
		All Levels NoGi 7:30pm - 8:30pm					
MUAY THAI	All Levels 11:00am - 12:00pm	All Levels 7:30pm - 8:30pm	All Levels 11:00am - 12:00pm	All Levels 6:45pm - 7:30pm	All Levels 11:00am - 12:00pm	All Levels 6:00pm - 7:00pm	All Levels 11:00am - 12:00pm
			All Levels 7:30pm - 8:30pm	All Levels 7:30pm - 8:15pm	All Levels 7:30pm - 8:30pm		
			All Levels 8:30pm - 9:00pm	All Levels 8:15pm - 8:45pm	All Levels 8:30pm - 9:00pm		
KARATE		Super Junior 3:45pm - 4:30pm	Super Junior (White Belt) 5:00pm - 5:45pm	Super Junior 3:45pm - 4:30pm	Tiny Tigers 4:30pm - 5:00pm		Teens/Adults 9:15am - 10:00am
		Tiny Tigers 4:30pm - 5:00pm	Super Junior (Yellow & Up) 5:45pm - 6:30pm	Tiny Tigers 4:30pm - 5:00pm	Karate Weapons 5:00pm - 5:45pm		Tiny Tigers 10:00am - 10:30am
		Super Junior 5:00pm - 5:45pm	Super Junior (Green & Up) 6:30pm - 7:15pm	Super Junior 5:00pm - 5:45pm	Super Junior 5:45pm - 6:30pm		Super Junior 10:45am - 11:30am
		Teens/Adults 5:45pm - 6:30pm		Teens/Adults 5:45pm - 6:30pm			
KIDS BJJ		Gi 6-13 Years 5:30pm - 6:30pm	Gi 3-5 Years 4:45pm - 5:25pm	Gi 6-13 Years 5:30pm - 6:30pm	Gi 3-5 Years 4:45pm - 5:25pm		NoGi All Ages 9:00am - 9:45am
			Gi 6-13 Years 5:30pm - 6:30pm		Gi 6-13 Years 5:30pm - 6:30pm		

## BOONTON LOCATION

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT BJJ		All Levels NoGi 6:30pm - 7:30pm	All Levels NoGi 7:00pm - 8:00pm	All Levels NoGi 6:30pm - 7:30pm	All Levels NoGi 7:00pm - 8:00pm		All Levels NoGi 9:30am - 10:30am
KIDS KARATE			Kids Karate Tiny Tigers (3-5yo) 4:00pm - 4:30pm.			Kids Karate Tiny Tigers (3-5yo) 4:00pm - 4:30pm.	
			Kids Karate (6+) Super Juniors 4:30pm - 5:15pm			Kids Karate Super Juniors 4:30pm - 5:15pm	Kids Karate Super Juniors 12:15pm - 1:00pm
KIDS BJJ			Kids Jiu Jitsu (5 & up) 5:30pm - 6:30pm		Kids Jiu Jitsu (5 & up) 5:30pm - 6:30pm		Kids Jiu Jitsu (5 & up) 11:00am - 11:45am