

Octagon MMA and Krav Maga

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Monday	5pm-Kid's Muay Thai Kickboxing 5:35pm-Kid's Brazilian Jiu-Jitsu 5:40pm-Women's Cardio Kickboxing 6:40pm-Adult Muay Thai Kickboxing 6:40pm-Krav Maga 7:30-Sambo 7:40pm-Krav Maga Sparring
Tuesday	6am-Women's Cardio Kickboxing 5pm-Kid's Krav Maga Self-Defense 5:30pm-Krav Maga 5:40pm-Co-Ed Conditioning 6:30pm-Brazilian Jiu-Jitsu 6:40pm-Boxing 10am-Krav Maga
Wednesday	5pm-Kid's Muay Thai Kickboxing 5:35pm-Kid's Brazilian Jiu-Jitsu 5:40pm-Women's Cardio Kickboxing 6:30pm-Brazilian Jiu-Jitsu 6:40pm-Adult Muay Thai Kickboxing 7:30pm-Sambo 6am-Women's Cardio Kickboxing
Thursday	5pm-Kid's Krav Maga Self-Defense 5:35pm-Boxing 6pm-Brazilian Jiu-Jitsu 6:40pm-Krav Maga 7:40pm-Krav Maga Sparring 5pm-Kid's Muay Thai Kickboxing
Friday	5:35pm-Kid's Brazilian Jiu-Jitsu 5:40pm-Women's Cardio Kickboxing 6:40-Adult Muay Thai Kickboxing 7:30pm-Sambo 8:30am-Brazilian Jiu-Jitsu
Saturday	9am-Krav Maga 10am-Krav Maga Sparring 10am-Brazilian Jiu-Jitsu Noon-Brazilian Jiu-Jitsu
Sunday	