



ADULT & TEEN SCHEDULE

(As of 10/23/2025)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM-7:00 AM	BJJ FUNDAMENTALS	KICKBOXING & FITNESS	BJJ FUNDAMENTALS	KICKBOXING & FITNESS	NO-GI BJJ FUNDAMENTALS	<u>10:30AM-11:30AM</u> BJJ ALL LEVELS
7:00 AM-8:00 AM	KICKBOXING & FITNESS	NO-GI BJJ FUNDAMENTALS	KICKBOXING & FITNESS	NO-GI BJJ FUNDAMENTALS	KICKBOXING & FITNESS	<u>10:30AM-11:30AM</u> KICKBOXING & FITNESS
					<u>5:15 PM - 6:00 PM</u> Women's BJJ	Sunday
6:30-7:30 PM	BJJ Introductory	NO-GI BJJ ADVANCED	BJJ Introductory	NO-GI BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	<u>10:30AM-11:30AM</u> NO-GI BJJ ALL LEVELS
	TECHNICAL SPARRING All Gear Mandatory	KICKBOXING & FITNESS		KICKBOXING & FITNESS	KICKBOXING & FITNESS	<u>10:30AM-11:30 AM</u> OPEN MAT
7:30-8:30 PM	NO-GI BJJ FUNDAMENTALS	<u>7:00 PM -8:00 PM</u> BJJ FUNDAMENTALS	NO-GI BJJ FUNDAMENTALS	BJJ OPEN MAT	Private Lessons or Small Group Training is Available by Appointment. See a Staff Member to Reserve!	
	KICKBOXING & FITNESS	TECHNICAL SPARRING All Gear Mandatory	KICKBOXING & FITNESS	TECHNICAL SPARRING All Gear Mandatory		

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