OCTAGON MMA & KRAV MAGA

WEEKLY CLASS SCHEDULE

336-471-1492
octagongym@hotmail.com

MONDAY

5pm Kid's Muay Thai Kickboxing (ages 6-12)
5:35pm Kid's Brazilian Jiu-Jitsu (ages 6-12)
5:40pm Women's Cardio Kickboxing
6:40pm Adult Muay Thai Kickboxing
6:40pm Krav Maga self-defense
7:30pm Sambo
7:40pm Krav Maga Sparring Class

TUESDAY

6am Women's Cardio Kickboxing
5pm Kid's Krav Maga self-defense (ages 6-12)
5:30pm Krav Maga self-defense
5:40pm Co-Ed conditioning class
6:30pm Brazilian Jiu-Jitsu
6:40pm Boxing

WEDNESDAY

10am Krav Maga Self-Defense
5pm Kid's Muay Thai Kickboxing (ages 6-12)
5:35pm Kid's Brazilian Jiu-Jitsu (ages 6-12)
5:40pm Women's Cardio Kickboxing
6:30pm Brazilian Jiu-Jitsu
6:40pm Muay Thai Kickboxing
7:30pm Sambo

THURSDAY

6am Women's Cardio Kickboxing
5pm Kid's Krav Maga Self-Defense
5:35pm Boxing
6:30pm Brazilian Jiu-Jitsu
6:40pm Krav Maga Self-defense
7:40pm Krav Maga Sparring

FRIDAY

5pm Kid's Muay Thai Kickboxing (ages 6-12)
5:35pm Kid's Brazilian Jiu-Jitsu (ages 6-12)
5:40pm Women's Cardio Kickboxing
6:40pm Adult Muay Thai Kickboxing
7:30pm Sambo

SATURDAY

9am Krav Maga Self-Defense
9:30am Brazilian Jiu-Jitsu
10am-10:30am Krav Maga applications
10:30am Concealed Carry Self-Defense

SUNDAY

Noon Brazilian Jiu-jitsu open mat

Schedule subject to change. Contact the gym with questions.