




# FALL CLASS SCHEDULE

East Coast Martial Arts (330) 830-6565

	5:30-6:15 AM		9:15-10:00 AM	4:15-4:45 PM	4:45-5:30 PM	5:30-6:15 PM	6:15-7:00 PM	7:00-7:45 PM	7:45-8:30 PM
MON			MMAFIT®		Youth White Yellow/Orange	Youth Blue/Green/Purple	Youth Brown/Red/Black Adults All Ranks	MMAFIT® Kids Brazilian Jiu-Jitsu Ages 7-12	Brazilian Jiu-Jitsu
TUES	MMAFIT®			Little Leaders® 	Youth White Yellow/Orange	Youth Blue/Green/Purple	Youth Brown/Red/Black Adults All Ranks	MMAFIT® Brazilian Jiu-Jitsu Fundamentals	KICKBOXING
WED			MMAFIT®		Youth White Yellow/Orange	Youth Blue/Green/Purple	Youth Brown/Red/Black Adults All Ranks	MMAFIT® Kids Brazilian Jiu-Jitsu Ages 7-12	Brazilian Jiu-Jitsu
THUR	MMAFIT®			Little Leaders® 	Youth White Yellow/Orange	Youth Blue/Green/Purple Brown/Red/Black	Youth & Adult Pre-Testing Testing	MMAFIT® Black Belts	Brazilian Jiu-Jitsu Fundamentals
SAT	MMAFIT®	KICKBOXING	Brazilian Jiu-Jitsu Women's Only	Youth & Family White Yellow/Orange	Youth & Family Blue/Green/Purple	Youth & Family Brown/Red/Black Adults All Ranks	Little Leaders® 	Youth & Adult Martial Arts Pre-Testing Testing	Special Programs  Birthday Parties!
SUN									Brazilian Jiu-Jitsu Open Mat



CROSS TRAIN \* FAMILY DISCOUNTS \* BIRTHDAY PARTIES  
ASK ABOUT PERSONAL TRAINING & SMALL GROUP SESSIONS!