




# SPRING 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® Youth 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® Youth 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	KICKBOXING Brazilian Jiu-Jitsu Fundamentals No-Gi
SAT	8:30-9:15 AM MMAFIT®	9:15-10:00 AM KICKBOXING	10:00-10:45 AM Youth Brazilian Jiu-Jitsu Ages 7-12	11:00-12:00 PM Brazilian Jiu-Jitsu Women's Only	10:45-11:30 AM Youth & Family White Yellow/Orange	11:30-12:15 PM Youth & Family Blue/Green/Purple	12:15-1:00 PM Youth & Family Brown/Red/Black Adults All Ranks	1:00-1:30 PM Little Leaders® 	1:30-2:15 PM Youth & Adult Martial Arts Pre-Testing Testing	2:30-3:30 PM Special Programs Birthday Parties!
SUN										Brazilian Jiu-Jitsu Open Mat



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