




# SUMMER CLASS SCHEDULE

East Coast Martial Arts (330) 830-6565

	5:30-6:15 AM	9:15-10:00 AM	10:00-10:45 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®	BONUS Adults & Youth Martial Arts ALL RANKS		Youth White Yellow/Orange	Youth Blue/Green/Purple	Youth Brown/Red/Black Adults All Ranks	MMAFIT®	Brazilian Jiu-Jitsu
								Youth Brazilian Jiu-Jitsu Ages 7-12	
TUES	MMAFIT®			Little Leaders® 	Youth White Yellow/Orange	Youth Blue/Green/Purple	Youth Brown/Red/Black Adults All Ranks	MMAFIT®	KICKBOXING
								Youth Brazilian Jiu-Jitsu Fundamentals	
WED		MMAFIT®	BONUS Adults & Youth Martial Arts ALL RANKS		Youth White Yellow/Orange	Youth Blue/Green/Purple	Youth Brown/Red/Black Adults All Ranks	MMAFIT®	Brazilian Jiu-Jitsu
								Youth Brazilian Jiu-Jitsu Ages 7-12	
THUR	MMAFIT®			Little Leaders® 	Youth White Yellow/Orange	Youth Blue/Green/Purple Brown/Red/Black	Youth & Adult Pre-Testing Testing	MMAFIT®	KICKBOXING
								Black Belts	
	8:30-9:15 AM	9:15-10:00 AM	10:00-10:45 AM	10:45-11:30 AM	11:30-12:15 PM	12:15-1:00 PM	1:00-1:30 PM	1:30-2:15 PM	2:30-3:30 PM
SAT	MMAFIT®	KICKBOXING	Youth Brazilian Jiu-Jitsu Ages 7-12	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-Women Only		Brazilian Jiu-Jitsu Open Mat



CROSS TRAIN \* FAMILY DISCOUNTS \* BIRTHDAY PARTIES

ALL PROGRAMS ARE UNLIMITED CLASSES PER MONTH

ASK ABOUT PERSONAL TRAINING & SMALL GROUP SESSIONS!

www.TeamEastCoast.com

