

ARIZONA COMBAT SPORTS - CLASS SCHEDULE 2016

525 S McClintock Dr #103, Tempe, AZ 85281 | (480)517-1960 | info@azcombatsports.com

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|--|---------------------------------------|------------------------------------|--|---------------------------------------|----------|
| 7:00am 8:00am 9:00am | - Private Training - | | – Private Training – | | | |
| 10:00am | BJJ Private Training | Private Training | | Private Training | Private Training | |
| 11:00am | | | BJJ Private Training | | | _ |
| 12:00pm | Submission Wrestling / No-Gi | Submission Wrestling / No-Gi | Submission Wrestling / No-Gi | Submission Wrestling / No-Gi | Submission Wrestling / No-Gi | Open Gym |
| 1:00pm | Muay Thai / Kickboxing | Muay Thai / Kickboxing | Muay Thai / Kickboxing | Muay Thai / Kickboxing | Muay Thai / Kickboxing | |
| 2:00pm 3:00pm | - Private Training - | Private Training | – Private Training – | - Private Training - | – Private Training – | |
| 4:30pm | - Kid's BJJ - | - Kid's BJJ - | – Kid's BJJ – | - Kid's BJJ - | | |
| 5:30pm | Submission Muay Thai / Wrestling Kickboxing | Submission Wrestling Kickboxing | Submission Wrestling Kickboxing | Submission Muay Thai / Wrestling Kickboxing | Submission Wrestling Kickboxing | |
| 6:30pm | BJJ MMA Advanced | BJJ MMA Advanced | BJJ MMA Advanced | - BJJ MMA Advanced | - MMA Advanced | |
| 7:30pm | Fighters | Fighters | Fighters | Fighters Wrestling | Fighters | |
| 8:30pm | | | | | | |