



# TEAM CURRAN MMA

## 2018 SCHEDULE (WINTER)

### KIDS & JUNIORS PROGRAMS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil Champs	4:30 - 5:00 pm	5:00 - 5:30 pm	4:30 - 5:00 pm	5:00 - 5:30 pm		
Jr. Muay Thai	5:00 - 5:55 pm		5:00 - 5:55 pm		5:00 - 5:55 pm	10:00 - 10:55 am
Jr. Jiu-Jitsu		5:00 - 5:55 pm		5:00 - 5:55 pm		10:00 - 10:55 am

### ADULT PROGRAMS

#### Brazilian Jiu-Jitsu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamentals	11:00 - 11:55 am 7:00 - 7:55 pm	6:00 - 6:55 pm	11:00 - 11:55 am 7:00 - 7:55 pm	6:00 - 6:55 pm		11:00 - 1:00 pm (No Trials)
Mixed Level	12:00 - 1:30 pm 7:00 - 8:30 pm	7:00 - 8:30 pm	12:00 - 1:30 pm	7:00 - 8:30 pm	12:00 - 1:30 pm	11:00 - 1:00 pm
No Gi (3 Months Exp.)		12:00 - 1:30 pm	7:00 - 8:30 pm	12:00 - 1:30 pm	6:00 - 6:55 pm	

#### Thai Boxing

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamentals	6:00 - 6:55 pm	11:00 - 11:55 am	6:00 - 6:55 pm	11:00 - 11:55 am 7:00 - 7:55 pm		
Mixed level	6:00 - 6:55 pm	11:00 - 11:55 am	6:00 - 6:55 pm	11:00 - 11:55 am	6:00 - 6:55 pm	9:00 - 9:55 am

#### Sparring/MMA Team Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Fighters		6:00 - 7:00 pm (MMA)		6:00 - 7:00 pm (MMA)		1:30 pm (Sparring)

#### Boxing

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing Members	5:00 - 5:55 pm		5:00 - 5:55 pm			