



MID CITY MMA
JIU JITSU | WRESTLING | STRIKING | FITNESS

MID CITY MMA CLASS SCHEDULE - Q3 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		LAW ENFORCEMENT GRAPPLING 9AM		LAW ENFORCEMENT GRAPPLING 9AM		KIDS JIU JITSU (AGES 5-12) 9AM
WRESTLING OPEN MAT / DRILLING 10:30AM	GI JIU JITSU 10AM		GI JIU JITSU 10AM		NOGI SUB GRAPPLING (MIXED LEVEL) 10AM	STRIKING (BAG / PAD WORK) 10AM
						FOUNDATIONAL JIU JITSU 11AM
	MMA PRACTICE 1:30-3PM *PERMISSION REQUIRED*	MMA PRACTICE 1:30-3PM *PERMISSION REQUIRED*	MMA PRACTICE 1:30-3PM *PERMISSION REQUIRED*			LIVE GRAPPLING ROUNDS 12PM
	STRIKING (BAG / PAD WORK) 5:45PM	KIDS JIU JITSU (AGES 5-12) 5PM	STRIKING (BAG / PAD WORK) 5:45PM	KIDS JIU JITSU (AGES 5-12) 5PM		
	GI JIU JITSU 6:45PM	MMA 101 6PM	GI JIU JITSU 6:45PM	MMA 101 6PM	SPARRING *3 months of training required* 6PM	
		NOGI SUB GRAPPLING (MIXED LEVEL) 7PM		NOGI SUB GRAPPLING (MIXED LEVEL) 7PM		

PLEASE NOTE:

- Sunday Wrestling Open Mat are non-instructional sessions.
- Live Grappling on Saturdays alternates between gi and nogi each week.
- MMA Practice requires permission to attend.
- Please have the proper gear for each session before attending.
- Sparring on Fridays requires at least 3 months of formal training before attending.