



**MID CITY MMA**  
JIU JITSU | WRESTLING | STRIKING | FITNESS



MID CITY MMA CLASS SCHEDULE - Q1 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRIKING (BAG WORK) 9AM	Law Enforcement Grapppling 9AM	STRIKING (BAG WORK) 9AM	Law Enforcement Grapppling 9AM	STRIKING (BAG WORK) 9AM	
	GI JIU JITSU 10AM	STRIKING (PAD WORK/DRILLING) 10AM	GI JIU JITSU 10AM	STRIKING (PAD WORK/DRILLING) 10AM	NOGI SUB GRAPPLING 10AM	STRIKING (BAG WORK) 10AM
						FOUNDATIONAL JIU JITSU 11AM
	MMA PRACTICE 1:30-3PM *INVITE ONLY*	MMA PRACTICE 1:30-3PM *INVITE ONLY*	MMA PRACTICE 1:30-3PM *INVITE ONLY*	MMA PRACTICE 1:30-3PM *INVITE ONLY*	MMA PRACTICE 1:30-3PM *INVITE ONLY*	COMPETITION JIU JITSU 12PM
	KIDS' JIU JITSU (AGES 5-13) 4:30PM	KIDS' WRESTLING (AGES 5-13) 4:30PM	KIDS' JIU JITSU (AGES 5-13) 4:30PM	KIDS' WRESTLING (AGES 5-13) 4:30PM		
	STRIKING (BAG WORK) 5:45PM	WRESTLING 5:30PM	STRIKING (BAG WORK) 5:45PM	WRESTLING 5:30PM	STRIKING (LIVE SPARRING) 6PM	
	GI JIU JITSU 6:45PM	STRIKING (PAD WORK/DRILLING) 6:25PM	GI JIU JITSU 6:45PM	STRIKING (PAD WORK/DRILLING) 6:25PM	*Minimum 6 months of training required.	
		NOGI SUB GRAPPLING 7:15PM		NOGI SUB GRAPPLING 7:15PM		