



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



## MID CITY MMA CLASS SCHEDULE - Q4 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		LAW ENFORCEMENT GRAPPLING 9AM	STRIKING (MIXED LEVEL) 9AM	LAW ENFORCEMENT GRAPPLING 9AM	STRIKING (MIXED LEVEL) 9AM	KIDS JIU JITSU (AGES 5-13) 9AM
WRESTLING OPEN MAT / DRILLING 10:30AM	GI JIU JITSU 10AM		GI JIU JITSU 10AM		NOGI SUB GRAPPLING (MIXED LEVEL) 10AM	STRIKING (BAG WORK) 10AM
						FOUNDATIONAL JIU JITSU 11AM
	MMA PRACTICE 1:30-3PM <i>*PERMISSION REQUIRED*</i>	MMA PRACTICE 1:30-3PM <i>*PERMISSION REQUIRED*</i>	MMA PRACTICE 1:30-3PM <i>*PERMISSION REQUIRED*</i>			COMPETITION JIU JITSU (INTERM. / ADVANCED) 12PM
	VALHALLA WRESTLING CLUB (AGES 8-18) 4:15-5:45PM		VALHALLA WRESTLING CLUB (AGES 8-18) 4:15-5:45PM		VALHALLA WRESTLING CLUB (AGES 8-18) 4:15-5:45PM	
	STRIKING (BAG WORK) 5:45PM	KIDS JIU JITSU (AGES 5-13) 5PM	STRIKING (BAG WORK) 5:45PM	KIDS JIU JITSU (AGES 5-13) 5PM		
	GI JIU JITSU 6:45PM	STRIKING PARTNER / PAD WORK (ADVANCED) 6PM	GI JIU JITSU 6:45PM	MMA 101 (INTERM./ADVANCED) 6PM	SPARRING <i>*3 months of training required*</i> 6-6:45PM	
		NOGI SUB GRAPPLING (MIXED LEVEL) 7PM		NOGI SUB GRAPPLING (ADVANCED) 7PM		

### PLEASE NOTE :

- Saturday Competition Jiu Jitsu and Sunday Wrestling Open Mat are non-instructional sessions.
- MMA Practice and Pro Sparring require permission to attend.
- Sparring on Fridays requires at least 3 months of formal training before attending.
- For Valhalla Wrestling Club info, email [valhallawrestlingclub504@gmail.com](mailto:valhallawrestlingclub504@gmail.com).