

# COMBINED MARTIAL SCIENCE

## Class Schedule

DAY	AGE	CLASS	TIME
<b>Monday</b>	Adult	Adult MMA Boot Camp	9:00 - 10:00 a.m.
	Kids	Little Champs	3:00 - 4:00 p.m.
	Kids	Kids Catch Wrestling	4:00 - 5:00 p.m.
	Kids	Kids Catch Wrestling	5:00 - 6:00 p.m.
	Adult / Kids	Family Kickboxing ( <i>Adults &amp; Kids</i> )	6:00 - 7:00 p.m.
	Adult / Kids	Family Kickboxing / Grappling	7:00 - 8:00 p.m.
<b>Tuesday</b>	Adult	Adult MMA Boot Camp	9:00 - 10:00 a.m.
	Kids	Little Champs	3:00 - 4:00 p.m.
	Kids	Kids Catch Wrestling	4:00 - 5:00 p.m.
	Adult / Kids	Judo	5:00 - 6:00 p.m.
	Adult / Kids	Family Kickboxing ( <i>Adults &amp; Kids</i> )	6:00 - 7:00 p.m.
	Adult / Kids	Family Kickboxing / Grappling	7:00 - 8:00 p.m.
<b>Wednesday</b>	Adult	Adult MMA Boot Camp	9:00 - 10:00 a.m.
	Kids	Little Champs	3:00 - 4:00 p.m.
	Kids	Kids Catch Wrestling	4:00 - 5:00 p.m.
	Kids	Kids Catch Wrestling	5:00 - 6:00 p.m.
	Adult / Kids	Family Kickboxing ( <i>Adults &amp; Kids</i> )	6:00 - 7:00 p.m.
	Adult / Kids	Family Kickboxing / Grappling	7:00 - 8:00 p.m.
<b>Thursday</b>	Adult	Adult MMA Boot Camp	9:00 - 10:00 a.m.
	Kids	Little Champs	3:00 - 4:00 p.m.
	Kids	Kids Catch Wrestling	4:00 - 5:00 p.m.
	Adult / Kids	Judo	5:00 - 6:00 p.m.
	Adult / Kids	Family Kickboxing ( <i>Adults &amp; Kids</i> )	6:00 - 7:00 p.m.
	Adult / Kids	Family Kickboxing / Grappling	7:00 - 8:00 p.m.
<b>Friday</b>	Adult	Adult MMA Boot Camp	9:00 - 10:00 a.m.
	Kids	Kids Catch Wrestling	5:00 - 6:00 p.m.
	Adult / Kids	Family Kickboxing ( <i>Adults &amp; Kids</i> )	6:00 - 7:00 p.m.
	Kids / Teens	Kids / Teens Weightlifting	7:00 - 8:00 p.m.
<b>Saturday</b>	Adult / Kids	Family Kickboxing / Kung Fu / Yoga	9:00 - 10:00 a.m.
	Adult / Kids	Family Technique Class	10:00 - 11:00 a.m.
	Kids / Teens	MMA for Kids with Autism	11:45 a.m. - 12:45 p.m.
<b>Sunday</b>	Adult / Teens	Advanced MMA - Invitation Only	1:00 - 3:00 p.m.
	Adult	Sumo	3:00 - 5:00 p.m.

Head Instructor: Sensei Tony Allen, 7th-Degree Black Belt

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[www.combinedmartialscience.com](http://www.combinedmartialscience.com)