



GRIT MMA CLASS SCHEDULE

*MMA Classes include all grappling, kickboxing, & MMA fundamentals.

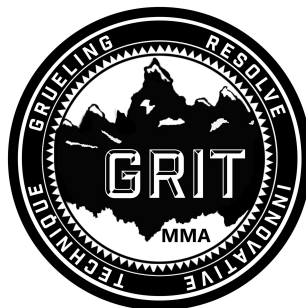
Class duration (Color Code): **Blue: 90 min.** **Black: 60 min.**
Turquoise: 45 min. **Sky Blue: 30 min**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing	
6:30 am		Muay Thai		Muay Thai		
10:00 am						
12:00 pm		MMA Fundamentals		MMA Fundamentals		
4:15 pm		The Little's		The Little's		
4:45 pm	Youth Grappling	Youth Kickboxing	Youth Grappling	Youth Kickboxing		
5:30 pm	Fund. of Grappling	Fund. of Kickboxing	Fund. of Grappling	Fund. of Kickboxing	MMA Fundamentals	
6:30 pm		Beginner/ Intermed Grappling		Beginner/ Intermed Grappling		

Business Hours:

Mon-Thurs: 4-8:30 pm

Fri: 4-8:00 pm



GRIT MMA

16101 SE McLoughlin,
 Milwaukie, OR 972627