TEAM ONE MMA ADULT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KickBoxing Fundamentals 6 PM - 7 PM	GI Brazilian Jiu-Jitsu (All Levels) 6 PM - 7 PM	KickBoxing Fundamentals 6 PM - 7 PM	GI Brazilian Jiu-Jitsu (All Levels) 6 PM - 7 PM	KickBoxing Fundamentals 6 PM - 7 PM	GI Brazilian Jiu-Jitsu (All Levels) 12:30 - 1:30 PM
Submission Grappling 7 PM - 8 PM	Grappling for MMA Fundamentals & Submission Grappling 7 PM - 8 PM	Submission Grappling 7 PM - 8 PM	Grappling For MMA Fundamentals & Submission Grappling 7 PM - 8 PM	Wrestling Practice 7 PM - 8 PM	MEMBER OPEN MAT 12:30 PM - 2:00 PM
Fight Team Practice 8 PM - 9 PM	Muay Thai KickBoxing 8 PM - 9 PM	Fight Team Practice 8 PM - 9 PM	Muay Thai KickBoxing 8 PM - 9 PM		SAVED FOR PRIVATE TRAINING 9 AM - 10 AM

Kickboxing Fundamentals: is for beginner/novice members that want to train in a striking/stand up fighting discipline. Learn the fundamentals of striking, kickboxing strategy and defending while getting in a great work out! Couple with our Grappling for MMA Fundamentals for the complete MMA Package.

Grappling for MMA Fundamentals: is for beginner/novice members that want to focus on the Brazilian Jiu-Jitsu (BJJ) WITHOUT the uniform in a safe environment. Students learn takedowns, throws and defense plus submissions, escapes, and reversals on the ground. Combine this with our Kickboxing Fundamentals for the complete MMA Package.

GI Brazilian Jiu-Jitsu: is for All Levels that want to focus on the traditional Brazilian Jiu-Jitu WITH a uniform/kimono. Students learn takedowns, throws and defense standing plus submissions, escapes, and reversals on the ground. Two coaches are present during this training time to split up Novice and Advanced student training when needed. Members training in this class have the ability to compete and earn rank under our Jay Pages/Caio Terra 98 Jiu-Jitsu Association.

Muay Thai Kickboxing: is for intermediate/advanced members that want to train in a striking/stand up fighting discipline only. The "Art of 8 Limbs" consists of offensive and defensive techniques using hand, elbow, knee, and kicking strikes. Great for anyone that is interested in MMA competition.

Submission Grappling & Wrestling Practice: is for intermediate/advanced members that want to train in NO-GI BJJ / Grappling like the pros in a safe environment. Takedowns, Submissons, Defense and more are included in these training times. Submission Grappling training time is also used to coach athletes on Ground & Pound and Cage Wall fighting tactics.

Fight Team Practice: is for our Fight Team Members only. INVITE ONLY. We prepare our MMA, Kickboxing, Muay Thai, and Boxing fighters for competition

Member Open Mat: Training time for our members to come in and use the facility. No instruction or coach led training during this time. Please inquire about our open mat rules before participating.

FOR MORE INFO, CALL OR EMAIL AT:

708-466-8384 / teamonemma@yahoo.com

www.facebook.com/TeamOneMixedMartialArts