

BW Core Mixed Martial Arts Schedule

Mon	Tue	Wed	Thru	Fri & Sat
6:00p Fighter's Cardio	6:00p Beginner's	6:00p Fighter's Cardio	6:00p Beginner's	Any weekend sessions will be posted.
7:00p Grappling	7:00p Kickboxing	7:00p Grappling	7:00p Kickboxing (Sparring)	Please watch for additional information.
8:00p BJJ	8:00p MMA (Sparring)	8:00p BJJ	8:00p MMA (Sparring)	

Beginner's Class: This class is designed to teach the basics of striking techniques such as boxing, kickboxing and muay thai. Also included is an introduction to the basics of take down and take down defense, transitions to grappling and submissions. Hand wraps and gloves are required.

Fighter's Cardio: This class is designed for those interested in getting into "fighting" condition. Training includes heavy bags, focus mitts, shadow boxing, pushups, abdominal work, plyometric training, resistance exercises and much more. Hand wraps and gloves are required. Caution: Drink plenty of water throughout the day prior to attending class.

Kickboxing: This class goes above basic kickboxing techniques. Learn kickboxing combinations and enjoy light sparring. Hand wraps, gloves, shin pads, mouth guard and cup are required. Headgear is optional but recommended.