

**MMA
SCHEDULE**

COMBAT SPORTS ACADEMY

MMA • MUAY THAI • KRAV MAGA • JIU-JITSU • CROSSFIT

**MMA
SCHEDULE**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|---|--|---|---|--|
| 6:00 AM | Muaythai Coach - Diego | Muaythai Coach - Diego | Muaythai Coach - Diego | Muaythai Coach - Diego | Muaythai Coach - Hector | |
| 9:00 AM | Muaythai Coach - Zoila | Boxing Coach - Zoila | Muaythai Coach - Zoila | Boxing Coach - Zoila | Muaythai Coach - Zoila | Bag Class Coach - Gaston |
| 10:30 AM | | in Jiu-Jitsu Coach - Jessica | | in Jiu-Jitsu Coach - Jessica | | lian Jiu-Jitsu Coach - Sabatha |
| 11:00 AM | Dutch Kickboxing Coach - Kirian | | Dutch Kickboxing Coach - Kirian | | Dutch Kickboxing Coach - Kirian | |
| 12:00 PM | Bag Class Coach - Kirian | Bag Class Coach - Kirian | Bag Class Coach - Kirian | Bag Class Coach - Kirian | Bag Class Coach - Kirian | Muaythai (Advanced) Coach - Kirian |
| 1:00 PM | MMA (Advanced) Coach - Darren | | MMA (Advanced) Coach - Kirian | | MMA (Advanced) Coach - Darren | |
| 5:30 PM | Boxing Coach - Kirian | Wrestling Coach - James | Boxing Coach - Kirian | | Boxing Coach - Kirian | restling *Friday Coach - James |
| 6:30 PM | Muaythai Coach - Kirian | Muaythai Coach - Kirian | Muaythai Coach - Kirian | Muaythai Coach - Kevin Ross | Muaythai Coach - Gaston | |
| 6:30 PM | Muaythai (Advanced) Coach - Kevin Ross | | Muaythai (Advanced) Coach - Kevin Ross | | | |
| 7:30 PM | Brazilian Jiu Jitsu (GI) Coach - Sabatha & Juliano | razilian Jiu-Jitsu No GI) Coach - Sabatha | Brazilian Jiu Jitsu (GI) Coach - Sabatha & Juliano | razilian Jiu-Jitsu No GI) Coach - Sabatha | | |
| 8:30 PM | Sparring (Gear Required) | ombat Sambo Coach - Val Ignatov | Sparring (Gear Required) | | | rev 9/4/2017 |