

ELITE MMA

CLASS SCHEDULE HOUSTON

10640 Westheimer Houston, TX 77042
 713-339-4MMA(4662)
 Mon-Fri.: 10am to 10pm Sat: 9am to 1pm
 Sun: 10am to 1pm

FFT : Fight Fit
KKB : Kardio Kickboxing
BJJ-S&D : Brazilian Jiu-Jitsu Skills & Drills
BJJ-Q : Brazilian Jiu-Jitsu Questions & Answers

BJJ : Brazilian Jiu-Jitsu
MMA : Mixed Martial Arts
KB Fund : Fundamentals of Kickboxing
Fund MA : Fundamentals of Martial Arts

BJJ End : Brazilian Jiu-Jitsu Endurance Training
BJJ NoGi : No Gi Brazilian Jiu-Jitsu
KB Adv : Advanced Kickboxing (Muay Thai)
BOX : Boxing

BJJ Kids : Kids Brazilian Jiu-Jitsu
BOX Teen : 12 yrs and up Boxing

* DN : Downstairs UP : Upstairs CG : Cage

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 am		BJJ DN : 60min		BJJ DN : 60min			
9:30am						FFT DN : 30min	
10:00 am						KKB DN : 45min	BJJ Kids UP : 60min
11:00 am						BOX Teen CG : 60min	BJJ End DN : 90min
11:15 am	BJJ DN : 60min	MMA DN : 60min	BJJ DN : 60min	MMA DN : 60min	BJJ DN : 60min		KB Fund DN : 60min
12:00 am						BOX CG : 60min	BJJ DN : 60min
5:00 pm		BJJ Kids UP : 60min		BJJ Kids UP : 60min			
5:30 pm	BJJ Kids UP : 60min	FFT DN : 30min	BJJ Kids UP : 60min	FFT DN : 30min			
5:45 pm	KKB DN : 45min		KKB DN : 45min				
6:00 pm		KKB DN : 45min		KKB DN : 45min		BJJ End UP : 60min	
6:30 pm	KB Fund DN : 60min	BJJ S&D UP : 60min	KB Fund DN : 60min	BJJ S&D UP : 60min			
7:00 pm		Fund MA DN : 60min		Fund MA DN : 60min		BJJ DN : 60min	
		BJJ UP : 60min		BJJ UP : 60min			
		KB Adv CG : 60min		KB Adv CG : 60min			
7:30 pm	BJJ NoGi UP : 60min		BJJ NoGi UP : 60min				
8:00 pm		MMA DN : 60min		MMA DN : 60min			
		BJJ-Q UP : 30min		BJJ-Q UP : 30min			
8:30 pm	KB Adv DN : 60min		KB Adv DN : 60min				