



1010 Bade St., Houston, TX 77055
 713-339-4662
 Mon-Thu. : 10am to 9pm Fri : 4pm to 8pm

ADULT TIER #1

BJJ : Brazilian Jiu-Jitsu
 KKB : Kardio Kickboxing

ADULT TIER #1 & #2

BJJ APP : Brazilian Jiu-Jitsu Application

ADULT TIER #2

MMA NoGi : Mixed Martial Arts/
 No Gi BJJ

KIDS & TEENS

Youth BJJ: Youth Brazilian Jiu-Jitsu

MEMORIAL

	MON	TUE	WED	THU	FRI	SAT	SUN
11:15 am							
12:00 pm							
4:30 pm							
5:15 pm	Youth BJJ 45min	Youth BJJ 45min	Youth BJJ 45min	Youth BJJ 45min			
6:15 pm	KKB 45 min	KKB 45 min	KKB 45min	KKB 45 min	KKB 45 min		
7:00 pm	BJJ APP 60 min	MMA NoGi 60 min	BJJ APP 60 min	MMA NoGi 60 min	BJJ APP 60 min		
8:00 pm							
8:30 pm							

Setup your complementary private lesson.

Call: 713-339-4662

Email: Memorial@elite-mma.com

www.Elite-MMA.com