

NORTH BUFFALO SCHEDULE

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WANT A CUSTOM TRAINING SCHEDULE?
TALK TO KATE - SHE CAN HELP YOU!



STRIKING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KB/Boxing All Levels 12PM-1PM	Muay Thai Level 1 6PM-7PM	Boxing Advanced 6PM-7PM	KB/Boxing All Levels 12PM-1PM	Muay Thai Level 1 6PM-7PM	Boxing All Levels 12PM-1PM
Boxing Fundamentals 6PM-7PM	Muay Thai Level 2 7PM-8PM	Boxing Fundamentals 7:15-8:15PM	Muay Thai Level 2 6PM-7PM	Muay Thai Level 2 7PM-8PM	
Muay Thai Fundamentals 7PM-8PM	Fight Team Invite Only 8PM-8:30PM	STRIKING EQUIPMENT PLEASE COME TO CLASS WITH HAND WRAPS AND YOUR OWN 16OZ GLOVES.		Fight Team Invite Only 8PM-8:30PM	

WE ALSO RECOMMEND A MOUTH GUARD FOR ALL CLASSES.

GRAPPLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Gi BJJ</i> All Levels 12PM-1PM	<i>Gi BJJ</i> All Levels 7AM-8AM	<i>Gi BJJ</i> All Levels 12PM-1PM	<i>Gi BJJ</i> All Levels 7AM-8AM	<i>No-Gi BJJ</i> All Levels 12PM-1PM	<i>Gi BJJ</i> Fundamentals 10:15-11AM
Fundamentals 5:30-6:15PM	All Levels 12PM-1PM	All Levels 6PM-7PM	All Levels 12PM-1PM	OPEN MAT All Levels 5:30-7:30PM	All Levels 11AM-12PM
All Levels 6:15-7:15PM	Competition Class All Levels 5:30-6:30PM	Judo for BJJ 7:15-8:15PM	Judo for BJJ 1:15-2:15PM		<i>No-Gi</i> All Levels Wrestling 12:15-1:15PM
WHAT'S A GI? THE GI IS THE BJJ UNIFORM. LEARN TO ATTACK & DEFEND USING CLOTHING GRIPS.	<i>No-Gi</i> Fundamentals 5:45-6:30PM	JUDO IS GREAT FOR YOUR BJJ TAKE DOWN GAME!		**SHOE**	
	All Levels 6:30-7:30PM	NO-GI FUNDAMENTALS IS A GREAT CLASS FOR NEW GRAPPLERS!		**POLICY** ALL MEMBERS MUST WEAR INDOOR SHOES WHEN OFF THE MATS.	

MMA

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<i>Fight Team</i> Invitation Only 6PM-7:30PM	<i>Fight Team</i> Invitation Only 6:30-7:30PM	<i>MMA Striking</i> All Levels 6:15PM-7:15PM	<i>Fight Team</i> Invitation Only 8PM-8:30PM
<i>Fundamentals</i> All Levels 7:30-8:15PM			TEEN NIGHT 7PM-9PM DJ and pizza! Bring a friend FREE!

ARE YOU NEW TO MMA? BE SURE TO TAKE STRIKING AND GRAPPLING CLASSES TO HELP BUILD THE SKILLS YOU NEED FOR MMA FUNDAMENTALS

OPEN GYM

Monday-Friday	Saturday	Sunday
12PM-9PM	9AM-2PM	10AM-2PM

FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MMA Conditioning 6AM-6:45AM	MMA Conditioning 6AM-6:45AM	MMA Conditioning 6AM-6:45AM	MMA Conditioning 6AM-6:45AM	MMA Conditioning 6AM-6:45AM	Yoga 9:30-10:15AM
HIIT 5PM-5:45PM	FITcamp 5PM-5:45PM	HIIT 5PM-5:45PM	MMA Conditioning 5PM-5:45PM	MMA Conditioning 5PM-5:45PM	
Pilates for MMA 5:45-6:30PM	TRX 5:45-6:30PM	Pilates for MMA 5:45-6:30PM	Ab Blast 5:45-6:15PM		SUNDAY Pilates for MMA 11AM-12PM
		Yoga 7:15-8PM			

REFER A FRIEND
GET A BONUS!
