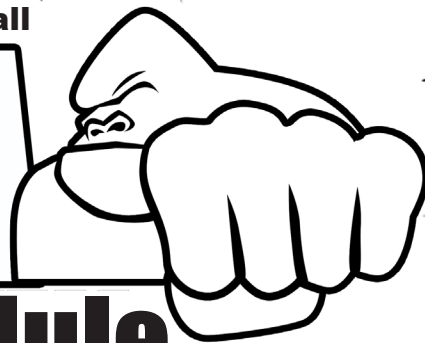


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Williamsville Schedule

MUAY THAI/KICKBOXING

Mon KB/Wed MT 6PM-7PM

Tuesday MT 6:15-7:15PM

Thursday KB 7:15-8:15PM

BRAZILIAN JIU-JITSU

Mon/Wed 6:15-7:15PM *GI*

Thursday 6:15-7:15PM *NO-GI*

BOXING

Saturday 11AM-12PM

MIXED MARTIAL ARTS

Tuesday 7:15-8:15PM

SPARRING

BJJ M/W/Th 7:15-7:45PM

Muay Thai M/W 7PM-7:30PM, Tues 7:15-7:45PM

Kickboxing Thursday 8:15-8:45PM

Boxing Saturday 12PM-12:30PM

KIDS JIU-JITSU

BJJ Mon/Wed/Thurs 5:30-6:15PM

Striking Tuesday 5:30-6:15PM