

# WNYMMA



## NORTH BUFFALO 255 Great Arrow Ave. #114

**HYGIENE POLICY**  
ALL MEMBERS  
**MUST WEAR**  
**INDOOR SHOES**  
WHEN NOT ON THE MATS.

### MONDAY

**Muay Thai**  
12PM-1PM

**Judo**  
12PM-1PM

**Kids Striking**  
(5-8yrs) 5:15-5:50PM  
(9-12yrs) 6:10-6:55PM

**MMA Movement**  
5PM-5:45PM

**Gi BJJ**  
*Fundamentals*  
5:30PM-6:10PM  
*All Levels*  
6:15PM-7:15PM

**Muay Thai**  
6:45PM-7:45PM

**TEEN MMA**  
7:30PM-8:30PM

**Fight Team**  
Muay Thai  
7:45PM-8:45PM

### TUESDAY

**Gi BJJ**  
12PM-1PM

**Kids BJJ**  
(9-12yrs)  
5:15-6:00PM

**MMA Movement**  
5PM-5:45PM

**Muay Thai**  
5:45PM-6:45PM

**No-Gi for MMA**  
6:45PM-7:45PM

**Striking Fundamentals**  
7:15PM-8:15PM

**Fight Team**  
MMA Drilling/Sparring  
7:45PM-8:45PM

### WEDNESDAY

**Muay Thai** **Gi BJJ**  
12PM-1PM 12PM-1PM

**Wrestling**  
1:15PM-2:15PM

**Kids Striking**  
(5-8yrs) 5:15-5:50PM  
(9-12yrs) 6:10-6:55PM

**MMA Movement**  
5PM-5:45PM

**Gi BJJ**  
*Fundamentals*  
5:30PM-6:10PM  
*All Levels*  
6:15PM-7:15PM

**Boxing**  
6PM-7PM

**Judo**  
7:30-8:30PM

**Fight Team**  
Boxing  
7PM-8PM

### THURSDAY

**Gi BJJ**  
12PM-1PM

**Kids Wrestling**  
(5-8yrs) 5:15-5:50PM  
(9-12yrs) 6:10-6:55PM

**MMA Movement**  
5PM-5:45PM

**Muay Thai**  
5:45PM-6:45PM

**No-Gi Fundamentals**  
6PM-6:45PM

**Gi BJJ**  
6:45PM-7:45PM

**No-Gi Wrestling**  
6:45PM-7:45PM

**Striking Fundamentals**  
7:15PM-8:15PM

**Fight Team**  
No-Gi for MMA  
7:45PM-8:45PM

### FRIDAY

**Muay Thai**  
12PM-1PM

**No-Gi BJJ**  
12PM-1PM

**MMA Movement**  
5PM-5:45PM

**Boxing Fundamentals**  
6PM-7PM

**TEEN BOXING**  
6PM-7PM

**Judo**  
6:15-7:15PM

**Community BJJ**  
**Open Mat**  
6:30-8:30PM

### SATURDAY

**Kids BJJ**  
(5-8yrs) 10:35-11:10AM  
(9-12yrs) 11:30-12:15PM

**Gi BJJ**  
10:45-11:45AM

**No-Gi BJJ**  
12PM-1PM

**Open Mat Striking**  
11AM-12PM

**Boxing**  
12:30PM-1:30PM

**Fight Team**  
MMA Drilling/Sparring  
1:30PM-2:30PM

### SUNDAY

**FREE WOMEN'S SELF-DEFENSE**  
11AM-12PM

**CLASS LEVELS**  
Classes are ALL LEVELS unless otherwise marked as Fundamentals or Fight Team.

**FIGHT TEAM**  
Our fight team is application only. Please see the website for level requirements and to apply. You do not need to compete to be on the fight team but you must be a serious athlete. Feel free to ask us any questions!

## WILLIAMSVILLE

Eastern Hills Mall (Use Rear Door)

### MONDAY

**Kids Striking**  
5:15PM-6PM

**Muay Thai**  
6:15PM-7:15PM

**Reactive Drilling**  
7:15PM-7:45PM

### TUESDAY

**Kids BJJ**  
5:15PM-6PM

**Gi BJJ**  
6:15PM-7:15PM

**No-Gi BJJ**  
7:30PM-8:30PM

### WEDNESDAY

**Kids Striking**  
5:15PM-6PM

**Muay Thai**  
6:15PM-7:15PM

**Reactive Drilling**  
7:15PM-7:45PM

### THURSDAY

**Kids BJJ**  
5:15PM-6PM

**Gi BJJ**  
6:15PM-7:15PM

**No-Gi BJJ**  
7:30PM-8:30PM

### FRIDAY

**MMA**  
6PM-7PM

### SATURDAY

**Boxing**  
11AM-12PM