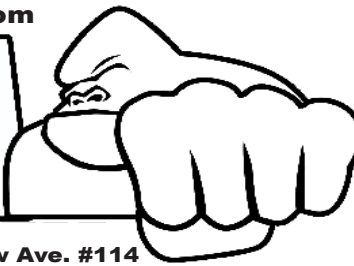


# WNYMMA



**NORTH BUFFALO** 255 Great Arrow Ave. #114

- Everyone
- \* Int/Adv (+)
- Int/Adv Only
- Advanced Only
- Kids
- Teens
- Women Only

## MONDAY

12PM-1PM  
**Judo**  
 \*\*\*  
**Muay Thai\***

OPEN GYM

5:20-5:50PM  
**Kids Striking**  
 (Ages 5-8)

6PM-6:45PM  
**Kids Striking**  
 (Ages 9-12)

5PM-5:45PM  
**Conditioning**

5:45-6:45PM  
**Gi BJJ**  
 \*\*\*  
**Muay Thai**

6:45-7:45PM  
**Muay Thai**  
 \*\*\*  
**Gi BJJ\***

7:45-8:45PM  
**Teen MMA**  
 \*\*\*  
**Muay Thai**  
**Sparring**

## TUESDAY

11AM-11:45AM  
**Open Yoga**

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

2:45-4:15PM  
**Teen MMA**

OPEN GYM

5:15-5:45PM  
**Kids BJJ**  
 (Ages 5-8)

5:45-6:30PM  
**Kids BJJ**  
 (Ages 9-12)

5PM-5:45PM  
**Conditioning**

5:45-6:45PM  
**MMA**

6:45-7:45PM  
**No-Gi for MMA\***  
 \*\*\*  
**Muay Thai**

7:45-8:45PM  
**Women's MMA**  
 \*\*\*  
**MMA Sparring**

## WEDNESDAY

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

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

OPEN GYM

5:20-5:50PM  
**Kids Striking**  
 (Ages 5-8)

6PM-6:45PM  
**Kids Striking**  
 (Ages 9-12)

5PM-5:45PM  
**Conditioning**

5:45-6:45PM  
**Gi BJJ**  
 \*\*\*  
**Boxing\***

6:45-7:45PM  
**Striking**  
 \*\*\*  
**Gi BJJ\***  
 \*\*\*  
**Boxing**  
**Sparring**

7:45-8:45PM  
**Judo**  
 \*\*\*  
**Muay Thai**  
**Sparring**

## THURSDAY

11AM-11:45AM  
**Open Yoga**

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

2:45-4:15PM  
**Teen MMA**

OPEN GYM

5:20-5:50PM  
**Kids Wrestling**  
 (Ages 5-8)

6PM-6:45PM  
**Kids Wrestling**  
 (Ages 9-12)

5PM-5:45PM  
**Conditioning**

5:45-6:45PM  
**No-Gi BJJ**  
 \*\*\*  
**Muay Thai**

6:45-7:45PM  
**Striking**  
 \*\*\*  
**Gi BJJ\***  
 \*\*\*  
**Wrestling\***

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

## FRIDAY

12PM-1PM  
**No-Gi BJJ\***  
 \*\*\*  
**Muay Thai\***

OPEN GYM

5PM-5:45PM  
**Conditioning**

6PM-7PM  
**Judo**  
 \*\*\*  
**Boxing**

7PM-8PM  
**Teen MMA**

\*\*\*\*\*  
 6:30-8:30PM  
**Free Community**  
**Open Mat**  
 \*\*\*\*\*

## SATURDAY

10:30-11AM  
**Kids BJJ**  
 (Ages 5-8)

11:15-12PM  
**Kids BJJ**  
 (Ages 9-12)

10:30-11:30AM  
**Gi BJJ\***

11:30AM-12:30PM  
**No-Gi BJJ\***

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

1:30-2:30PM  
**Sparring**  
**Conditioning**

Scheduled Weekly  
**BJJ Comp Team**

### HYGIENE POLICY

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

## SUNDAY

11AM-2PM  
OPEN GYM

11AM-12PM  
**FREE WOMEN'S**  
**SELF-DEFENSE**  
 \*LGBTQ Safe Space\*

12PM-1PM  
**Striking**

1PM-2PM  
**MMA**

# WILLIAMSVILLE

Eastern Hills Mall (Use Rear Door)

## MONDAY

5:15-6PM  
**Kids Striking**  
 (Ages 5-12)

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

7:15-7:45PM  
**Muay Thai**  
**Reactive Drilling\***

## TUESDAY

5:15-6PM  
**Kids BJJ**  
 (Ages 5-12)

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

7:15-7:45PM  
**Gi/No-Gi BJJ**  
**Open Mat**

7:45-8:30PM  
**No-Gi BJJ\***

## WEDNESDAY

5:15-6PM  
**Kids Striking**  
 (Ages 5-12)

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

7:15-7:45PM  
**Muay Thai**  
**Reactive Drilling\***

## THURSDAY

5:15-6PM  
**Kids BJJ**  
 (Ages 5-12)

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

7:15-7:45PM  
**Gi/No-Gi BJJ**  
**Open Mat**

7:45-8:30PM  
**No-Gi BJJ\***

## FRIDAY

6PM-7PM  
**MMA\***

7PM-8PM  
**Sparring**  
**Conditioning**

## SATURDAY

11AM-12PM  
**Boxing**

## SUNDAY

Join us in Buffalo!

### LEVEL GUIDELINES

INTERMEDIATE = 6+ month min.  
 ADVANCED = 12+ month min.  
 These are general guidelines. See a coach  
 if you are uncertain of your level.