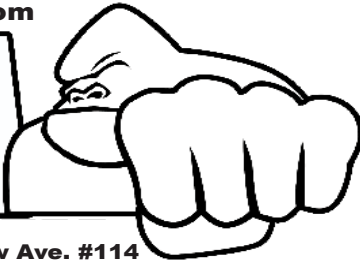


WNYMMA



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*

 Muay Thai

7:45-8:45PM
 Teen MMA

TUESDAY

12PM-1PM
 Gi BJJ*

 Muay Thai

 Sparring

OPEN GYM

5:20-5:50PM
 Kids BJJ
 (Ages 5-8)

6PM-6:45PM
 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

 Kickboxing

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

7:45-8:45PM
 Judo

 MMA

THURSDAY

12PM-1PM
 Gi BJJ*

 Muay Thai

 Sparring

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

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

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*

Scheduled Weekly
 BJJ Comp Team

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.