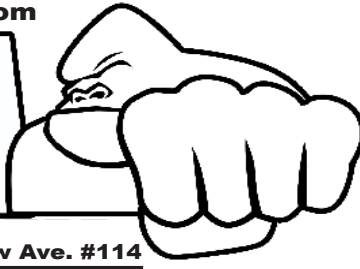


# WNYMMA



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

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

**MONDAY**

11AM-11:45AM  
MMA Fitness

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

OPEN GYM

5:15-6PM  
Kids Striking (Ages 5-8)

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

5PM-5:45PM  
Cardio  
Kickboxing

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

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

7:45-8:45PM  
MMA Fitness

**TUESDAY**

11AM-12PM  
Open Gym

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

1PM-1:45PM  
MMA Fitness

OPEN GYM

5:15-6PM  
Kids BJJ (Ages 5-8)

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

5PM-5:45PM  
MMA Fitness

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

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

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

**WEDNESDAY**

11AM-11:45M  
MMA Fitness

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

1:15-2:15PM  
Wrestling

OPEN GYM

5:15-6PM  
Kids Striking (Ages 5-8)

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

5PM-5:45PM  
Cardio  
Kickboxing

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

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

7:45-8:45PM  
Judo \*\*\*  
Fighter Fitness

**THURSDAY**

11AM-11:45AM  
MMA Fitness

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

OPEN GYM

5:15-6PM  
Kids Wrestling (Ages 5-8)

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

5PM-5:45PM  
MMA Fitness

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**

11AM-12PM  
Open Gym

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

1PM-1:45PM  
MMA Fitness

OPEN GYM

5PM-5:45PM  
MMA Fitness

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

7PM-8PM  
Teen MMA

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

**SATURDAY**

10:30-11:15AM  
Kids BJJ (Ages 5-8)

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

10:15-11:15AM  
Gi BJJ\*

11AM-12PM  
Teen MMA

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\*

**EQUIPMENT**

STRIKING: GLOVES, WRAPS, SHIN GUARDS

GI BJJ: GI/BELT

NO-GI: NO POCKETS, VELCRO, ZIPPERS, ETC.

**MOUTH GUARDS RECOMMENDED FOR ALL CLASSES**

**CLASS LEVEL EXPLANATIONS**

- Everyone - Focuses on fundamentals. Great for beginners and more advanced athletes who want to polish their fundamentals.
- \* Int/Adv (Plus) - Intermediate to Advanced level material, but newer athletes can join once comfortable.
- Int/Adv Only - Intermediate to Advanced level athletes only. Typically 6+ months of training. See a coach if you're unsure.
- Advanced Only - Typically 12+ months of training. Must have coach permission to join advanced classes.
- Kids - Younger kids class ages 5-8 and older kids class typically ages 9-12.
- Teens - Typically ages 12-18. These classes are great for building confidence and skill.
- Women Only - Sunday class open to all women of all ages. Tuesday class open to all female teen/adult members.

## 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!

**FITNESS CLASSES**

Cardio Kickboxing + MMA Fitness are great for all levels! You can adjust the difficulty of these 45 minute classes to your level. Note: Fighter Fitness is a little more intense!