

WNYMMA



NORTH BUFFALO 255 Great Arrow Ave. #114

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7AM-8AM Gi BJJ		7AM-8AM Gi BJJ			10:30-11:15AM Kids BJJ (Ages 5-8)
11AM-11:45 MMA Fitness	11AM-12PM Open Gym	11AM-11:45AM MMA Fitness	11AM-11:45AM MMA Fitness	11AM-12PM Open Gym	11:15-12PM Kids BJJ (Ages 9-12)
12PM-1PM Judo *** Muay Thai*	12PM-1PM Gi BJJ* *** Muay Thai	12PM-1PM Gi BJJ *** Muay Thai*	12PM-1PM Gi BJJ* *** Muay Thai	12PM-1PM No-Gi BJJ* *** Muay Thai*	10:15-11:15AM Gi BJJ*
<u>OPEN GYM</u>	<u>OPEN GYM</u>	<u>OPEN GYM</u>	<u>OPEN GYM</u>	<u>OPEN GYM</u>	11AM-12PM Teen MMA
5:15-6PM Kids Striking (Ages 5-8)	5:15-6PM Kids BJJ (Ages 5-8)	5:15-6PM Kids Striking (Ages 5-8)	5:15-6PM Kids Wrestling (Ages 5-8)	1PM-1:45PM MMA Fitness	11:30AM-12:30PM No-Gi BJJ*
6PM-6:45PM Kids Striking (Ages 9-12)	6PM-6:45PM Kids BJJ (Ages 9-12)	6PM-6:45PM Kids Striking (Ages 9-12)	6PM-6:45PM Kids Wrestling (Ages 9-12)	5PM-5:45PM MMA Fitness	12:30-1:30PM Boxing*
5PM-5:45PM MMA Fitness	5PM-5:45PM MMA Fitness	5PM-5:45PM MMA Fitness	5PM-5:45PM MMA Fitness	6PM-7PM Judo *** Boxing *** MMA Sparring	Scheduled Weekly BJJ Comp Team
5:45-6:45PM Gi BJJ *** Muay Thai	5:45-6:45PM MMA *** Gi BJJ*	5:45-6:45PM Gi BJJ *** Boxing *** Boxing	5:45-6:45PM No-Gi BJJ *** Muay Thai	7PM-8PM Teen MMA Yoga	SUNDAY
6:45-7:45PM Muay Thai *** Gi BJJ* *** Muay Thai	6:45-7:45PM No-Gi for MMA* *** Muay Thai	6:45-7:45PM Striking *** Gi BJJ* *** Boxing	6:45-7:45PM Striking *** Gi BJJ* *** Wrestling* No-Gi for MMA	6:30-8:30PM Free Community Open Mat	11AM-12PM <u>OPEN GYM</u> 11AM-12PM FREE WOMEN'S SELF-DEFENSE *LGBTQ Safe Space*
7:45-8:45PM MMA Fitness	7:45-8:45PM Women's MMA *** MMA	7:45-8:45PM Judo *** Fighter Fitness	7:45-8:45PM No-Gi for MMA		12PM-1PM Striking 1PM-2PM MMA Fitness

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6PM Kids Striking (Ages 5-12)	5:15-6PM Kids BJJ (Ages 5-12)	5:15-6PM Kids Striking (Ages 5-12)	5:15-6PM Kids BJJ (Ages 5-12)	6PM-7PM MMA*	11AM-12PM Boxing
6:15-7:15PM Muay Thai*	6:15-7:15PM Gi BJJ*	6:15-7:15PM Muay Thai*	6:15-7:15PM Gi BJJ*	7PM-8PM Sparring Conditioning	SUNDAY Join us in Buffalo!
7:15-7:45PM Muay Thai Reactive Drilling*	7:15-7:45PM Gi/No-Gi BJJ Open Mat	7:15-7:45PM Muay Thai Reactive Drilling*	7:15-7:45PM Gi/No-Gi BJJ Open Mat		
	7:45-8:30PM No-Gi BJJ*		7:45-8:30PM No-Gi BJJ*		

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!