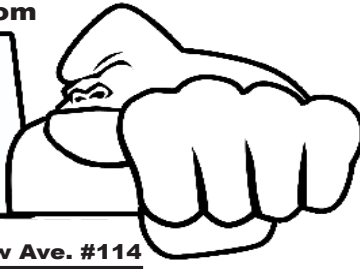


# WNYMMA



**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	8AM-12PM Open Gym	7AM-8AM Gi BJJ	8AM-11AM Open Gym	7AM-8AM Gi BJJ	10:30-11:15AM Kids BJJ (Ages 5-8)
11AM-11:45 MMA Fitness	12PM-1PM Gi BJJ* Muay Thai	11AM-11:45AM MMA Fitness	11AM-11:45AM MMA Fitness	8AM-12PM Open Gym	11:15-12PM Kids BJJ (Ages 9-12)
12PM-1PM Judo *** Muay Thai*	1PM-1:45PM MMA Fitness	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)	5PM-5:45PM 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)	6PM-7PM Judo *** Boxing *** MMA Sparring	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	7PM-8PM Teen MMA *** Yoga	<b>SCHEDULED WEEKLY</b> 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	6:30-8:30PM Free Community Open Mat	<b>SUNDAY</b>
6:45-7:45PM Muay Thai *** Gi BJJ* *** Muay Thai	6:45-7:45PM No-Gi for MMA* *** Muay Thai	6:45-7:45PM Muay Thai *** Gi BJJ* *** Boxing	6:45-7:45PM Muay Thai *** Gi BJJ* *** Wrestling*		11AM-2PM <u>OPEN GYM</u>
7:45-8:45PM MMA Fitness	7:45-8:45PM Women's MMA *** MMA	7:45-8:45PM Judo *** MMA Fitness	7:45-8:45PM No-Gi for MMA		11AM-12PM FREE WOMEN'S SELF-DEFENSE *LGBTQ Safe Space*

**EQUIPMENT**  
STRIKING: GLOVES, WRAPS, SHIN GUARDS  
GI BJJ: GI/BELT  
NO-GI: NO POCKETS, VELCRO, ZIPPERS, ETC.  
**MOUTH GUARDS RECOMMENDED FOR ALL CLASSES**

**OPEN GYM**  
M/W/F 7AM - 9PM  
T/Th 8AM - 9PM  
Sat 10AM - 2PM  
Sun 11AM - 2PM

**CLASS LEVEL EXPLANATIONS**

- Everyone - Focuses on fundamentals. Great for beginners and more advanced athletes.
- \* 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	<b>SUNDAY</b> Join us in Buffalo!
7:15-7:45PM Muay Thai Reactive Drilling*		7:15-7:45PM Muay Thai Reactive Drilling*			

**MMA FITNESS**  
Cardio, strength, agility, balance, and more!  
Easily adjust the difficulty and intensity of these 45 minute classes to your level. You'll be surprised how quickly you see progress!