

Scranton MMA Evening Schedule Effective 12/2/2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5pm	Advanced BJJ	Kids	Advanced BJJ	Kids		Kids (10am)
	Boxing (530pm) Beginners		Boxing (530pm) Beginners			Boxing (1030am)
6pm	Kids	Gracie 101	Kids	Gracie 101	Advanced BJJ	Judo (11am)
	Gracie 101	Judo	Gracie 101	Judo		MMA (11am)
	Boxing (630pm) Advanced		Boxing (630pm) Advanced			
7pm	Judo	Advanced BJJ		Advanced BJJ	Muay Thai	Open Mat (Noon)
		Muay Thai		MMA		

Kids	BJJ	Boxing	Judo	Muay Thai	MMA
Mon/Wed 6pm	Gracie 101	Mon/Wed 530pm Beg	Mon 7pm	Tues 7pm	Thurs 7pm
Tues/Thurs 5pm	Mon/Wed 6pm	Mon/Wed 630pm Adv	Tues/Thurs 6pm	Friday 7pm	Sat 11am
Sat 10am	Tues/Thurs 6pm	Sat 1030am	Sat 11am		
	Advanced BJJ				
	Mon/Wed 5pm				
	Tues/Thurs 7pm				