Upper Cumberland MMA - Master Schedule

MMA/Kickboxing Programs

-Kids Kickboxing- (Age 7-12)
-Teens Kickboxing- (Age 13-15)
-Fundamental Boxing-
-Fundamental Kickboxing-
-Mixed Martial Arts-

10th Planet Jiu-Jitsu Programs

-Kids Jiu-Jitsu- (Age 5-12)
-Teens Jiu-Jitsu- (Age 13-15)
-Womens Jiu-Jitsu-
-Fundamental Jiu-Jitsu-
-Advanced Jiu-Jitsu-

Mat-1 (Boxing, Kickboxing, & MMA)

Monday:
4:00pm-4:55pm: Fundamental Boxing
5:00pm-5:55pm: Teens Kickboxing (Ages 13-15)
6:00pm-6:55pm: Fundamental Kickboxing
7:00pm-8:30pm: Mixed Martial Arts

Tuesday:
4:00pm-4:55pm: Kids Kickboxing (Ages 7-12)
5:15pm-6:00pm: Fundamental Boxing
6:00pm-6:55pm: Fundamental Kickboxing
7:00pm-8:30pm: Mixed Martial Arts

Wednesday:
4:00pm-4:55pm: Fundamental Boxing
5:00pm-5:55pm: Teens Kickboxing (Ages 13-15)
6:00pm-6:55pm: Fundamental Kickboxing
7:00pm-8:30pm: Mixed Martial Arts

Thursday:
4:00pm-4:55pm: Kids Kickboxing (Ages 7-12)
5:15pm-6:00pm: Fundamental Boxing
6:00pm-6:55pm: Fundamental Kickboxing
7:00pm-8:30pm: Mixed Martial Arts

Friday:
5:00pm-6:00pm: Boxing/Kickboxing/MMA Sparring
6:00pm-6:55pm: Fundamental Kickboxing

Saturday:
9:00am-10:00am: Fundamental Kickboxing
10:00am-11:00am: Fundamental Boxing

Mat-2 (Jiu-Jitsu)

Monday:
4:00pm-4:55pm: Teens Jiu-Jitsu (Ages 13-15)
5:00pm-6:00pm: Women's Jiu-Jitsu
6:00pm-7:00pm: Jiu-Jitsu Sparring
7:00pm-8:00pm: Fundamental Jiu-Jitsu

Tuesday:
4:30pm-5:00pm: Kids Jiu-Jitsu (Ages 5-6)
5:00pm-5:55pm: Kids Jiu-Jitsu (Ages 7-12)
6:00pm-7:30pm: Advanced Jiu-Jitsu

Wednesday:
4:00pm-4:55pm: Teens Jiu-Jitsu (Ages 13-15)
5:00pm-6:00pm: Women's Jiu-Jitsu
6:00pm-7:00pm: Jiu-Jitsu Sparring
7:00pm-8:000pm: Fundamental Jiu-Jitsu

Thursday:
4:30pm-5:00pm: Kids Jiu-Jitsu (Ages 5-6)
5:00pm-5:55pm: Kids Jiu-Jitsu (Ages 7-12)
6:00pm-7:30pm: Advanced Jiu-Jitsu

Friday:
4:00pm-5:00pm: Advanced Kids Jiu-Jitsu
5:00pm-6:00pm: Women's Jiu-Jitsu
6:00pm-7:00pm: Gi Jiu-Jitsu (All levels)
7:00pm-8:00pm: Jiu-Jitsu Sparring/Competition