



MOHLER MMA DALLAS - ADULTS

www.MohlerMMA.com

214-738-0640

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00-1:00pm - Brazilian Jiu-Jitsu (Beginner)	6:00-7:30am - Brazilian Jiu-Jitsu (All Level)	12:00-1:00pm - Muay Thai Kickboxing (all Levels)	6:00-7:30am - Brazilian Jiu-Jitsu (All Level)	12:00-1:00pm - Muay Thai Kickboxing (all Levels)	11:00-12:30pm - Brazilian Jiu-Jitsu (all Levels)
12:00-1:30pm - Brazilian Jiu-Jitsu (Inter/ Adv.)	12:00-1:00pm - Brazilian Jiu-Jitsu (Beginner)	5:30-6:30pm - Endurance Boxing	12:00-1:00pm - Brazilian Jiu-Jitsu (Beginner)	7:00-8:30pm - Brazilian Jiu-Jitsu (All Levels)	12:30-1:30pm - Boxing (all Levels)
5:30-6:30pm - Endurance Boxing	12:00-1:30pm - Brazilian Jiu-Jitsu (Inter/ Adv.)	6:30-7:30pm - Boxing (Beginners)	12:00-1:30pm - Brazilian Jiu-Jitsu (Inter/ Adv.)		1:30-2:30pm - Advanced Sparring for Boxing & MMA (Inter/Adv) Must have 6 month exp.
6:30-7:30pm - Boxing (Beginner)	6:00-7:00pm - Brazilian Jiu-Jitsu (Technique Only)	6:30-7:30pm - Boxing (Inter/Adv)	6:00-7:00pm - Brazilian Jiu-Jitsu (Technique Only)		1:30 - 2:30pm - Muay Thai Kickboxing (all Levels)
6:30-7:30pm - Boxing (Inter/Adv)	6:00-7:00pm - Wrestling Fundamentals	6:30-7:30pm - Muay Thai Kickboxing (Beginner)	6:00-7:00pm - Wrestling Fundamentals		
6:30-7:30pm - Muay Thai (Beginner)	7:00-8:30pm - Brazilian Jiu-Jitsu (Beginner)	6:30-7:30pm - Muay Thai Kickboxing (Inter /Adv)	7:00-8:30pm - Brazilian Jiu-Jitsu (Beginner)		
6:30-7:30pm - Muay Thai Kickboxing (Inter /Adv)	7:00-8:30pm - Brazilian Jiu-Jitsu (Inter/Adv)	7:30-8:30pm - Takedowns for MMA & Jiu-Jitsu (All Levels)	7:00-8:30pm - Brazilian Jiu-Jitsu (Inter/Adv)		
7:30-8:30pm - Advanced Sparring for Boxing & MMA. Must have 6 month exp.					