



MOHLER MMA ADULTS - GRAPEVINE

www.MohlerMMA.com

214-738-0640

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	09:00am-10:00am -Cardio Kickboxing		09:00am-10:00am -Cardio Kickboxing			
	11:00-12:00pm - Boxing (Beginner)	11:00-12:30pm -Brazilian Jiu- Jitsu (Beginner)	11:00-12:00pm - Boxing (Beginner)		10:30-11:30am Boxing (Beginner)	1:30-3:00pm - Brazilian Jiu-Jitsu (All Levels)
	11:00-12:00pm - Boxing (Inter/Adv)	11:00-12:30pm - Brazilian Jiu-Jitsu (Inter/Adv)	11:00-12:00pm - Boxing (Inter/Adv)	11:00-12:30pm - Brazilian Jiu-Jitsu (Inter/Adv)	10:30-11:30am Boxing (Inter/Adv)	
7:00-8:00pm - Brazilian Jiu-Jitsu (Beginner)	6:30-7:30pm - Boxing (Beginner)	7:00-8:00pm - Brazilian Jiu-Jitsu (Beginner)	6:30-7:30pm - Boxing (Beginners)		11:30am-1:00pm - Muay Thai Kickboxing (All Levels)	
7:00-8:30pm - Brazilian Jiu-Jitsu (Inter/Adv)	6:30-7:30pm Boxing (Inter/Adv)	7:00-8:30pm - Brazilian Jiu-Jitsu (Inter/Adv)	6:30-7:30pm - Boxing (Inter/Adv)	7:00-8:30pm - Brazilian Jiu-Jitsu (Inter/Adv)	1:00-2:00pm - Brazilian Jiu-Jitsu (All Levels)	
	6:30-7:30pm - Muay Thai Kickboxing (All Levels)		6:30-7:30pm - Muay Thai Kickboxing (All Levels)			
	7:00-7:45 - Brazilian Jiu-Jitsu (Beginner - Basics/Technique only)		7:00-7:45 - Brazilian Jiu-Jitsu (Technique only)			
	7:30-8:30pm - Advanced Sparring for Boxing & MMA. Must have 6 month exp.					
	All students must wear a Mohler Gi or Mohler Brand Rashguard/Shorts/Leggings.					
		-Yellow Means: Best For Beginners.				