

MMA SCHEDULE - XTREME COUTURE

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LAST UPDATED: DECEMBER 11, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BOXING BILLY MARTIN 1PM	BJJ NO-GI ROB S 12PM	BOXING BILLY MARTIN 1PM	BJJ NO-GI ROB S 12PM	LADIES BOXING SANDY TSAGOURIS 9AM
BJJ NO-GI ROB S 12PM	BEGINNER MUAY THAI SEAN 6PM	MUAY THAI MIKI 5:30PM	BOXING FUNDAMENTALS BILLY 6PM (BEGINNER ONLY)	MUAY THAI SEAN 6:30PM	TEEN/ADULT WRESTLING BERNARD SANCHEZ 11AM
WRESTLING BERNARD SANCHEZ 6PM	LADIES MUAY THAI KAREN 7PM	BJJ NO-GI WAGNEY 7PM		BJJ-GI WAGNEY FABIANO 7PM	ADVANCED BOXING BILLY 11AM
MUAY THAI MARCO 6PM	BJJ No-GI WAGNEY FABIANO 7PM	KICKBOXING PAOLO 7PM	BJJ NO-GI WAGNEY FABIANO 7PM		MMA CLASS ROB S 11AM
	MUAY THAI MATT EMBREE 7PM-9PM	LADIES BOXING SANDY TSAGOURIS 7PM	MUAY THAI MATT EMBREE 7PM-8PM		BJJ NO-GI ROB S 12PM
KICKBOXING PAOLO 7PM	BEGINNER BOXING BILLY MARTIN 7:30PM	BJJ-GI WAGNEY FABIANO 8PM			BEGINNER BJJ NO-GI PAUL MCGRATH 1PM
BJJ No-GI WAGNEY FABIANO 7PM		MMA TECHNIQUE ROB SANTOS 8PM	BOXING BILLY MARTIN 8PM		
BJJ-GI WAGNEY FABIANO 8PM		INVITE ONLY BOXING BILLY MARITN 8PM	BEGINNER BJJ NO-GI PAUL MCGRATH 8PM		
MUAY THAI MIKI 8PM-9PM					
BOXING BILLY MARTIN 8PM					

KIDS CORNER

KIDS BOXING SANDY TSAGOURIS 5PM	MUAY THAI MIKI 5PM	KIDS BOXING SANDY TSAGOURIS 5PM	MUAY THAI MIKI 5PM	Kids BJJ NO-GI (10+) PAUL AND STU 6PM	Kids BJJ WITH GI PAUL AND STU 10AM
	BJJ(ADVANCED) PAUL AND STU 5PM	Kids BJJ NO-GI (10+) PAUL AND STU 6PM	BJJ(ADVANCED) PAUL AND STU 5PM		Kids BJJ NO-GI (10+) PAUL AND STU 11AM
Kids BJJ NO-GI (10+) PAUL AND STU 6PM	Kids BJJ WITH GI PAUL AND STU 6PM		Kids BJJ WITH GI PAUL AND STU 6PM		