



Farmington Schedule

	MAT A	<u>MAT B</u>
MONDAY	6:00 am Cardio circuit Training 4:30 Lil Ninjas 5:30 Lil Ninjas 6:30 Competition Team Kids class	5:30 cardio kickboxing 6:15 Adult Gi Jiu-jitsu
TUESDAY	6:00 AM NO GI JIU-JITSU 5:00 Boxing 6:00 Muay Thai Kickboxing 7:00 Advanced MMA / sparring	5:00 Open Mats 7:00 Judo
WEDNESDAY	6:00 am Cardio circuit Training 4:30 Lil Ninjas 5:30 Lil Ninjas 6:30 Wrestling (adult & kids)	5:30 Cardio Kickboxing 6:15 Adult Nogi Jiu-jitsu
THURSDAY	5:00 Boxing 6:00 Muay Thai Kickboxing 7:00 Sparring	5:00 Open mats
FRIDAY	6:00 am Cardio circuit Training 4:30 Lil Ninjas 5:30 Lil Ninjas 6:30 Muay Thai Kickboxing	5:00 Gi Jiu-Jitsu Fundamentals 6:15 Adult advanced NOGi Jiu-Jitsu
SATURDAY	Closed for events or private lessons	Closed for events or private lessons
SUNDAY	12:00 Belt testing (Lil Ninjas) Private lessons	1:00 Open Mats/ rolling/ sparring

**Victory MMA – Farmington 429 E.
Karsch Blvd. Farmington, MO 63640
573-535-1065
www.victorymma.net**