

# **TEAM ONE MIXED MARTIAL ARTS**

**708/466-8384 [www.TeamOneMMA.com](http://www.TeamOneMMA.com)**

**Updated October 2011 - Youth Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Time Left Open for Competition Team	Little Dragons Ages 5-10 5:15 to 6:00 PM	Little Dragons Ages 5-10 5:15 to 6:00 PM	Little Dragons Ages 5-10 5:15 to 6:00 PM	
	Youth Martial Arts Ages 11 & Up 6:00 to 6:45 PM	Youth Martial Arts Ages 11 & Up 6:00 to 6:45 PM	Youth Martial Arts Ages 11 & Up 6:00 to 6:45 PM	

# **TEAM ONE MIXED MARTIAL ARTS**

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**Updated October 2011 - Adult Schedule**

**Muay Thai Kickboxing** is our stand-up striking class for MMA. Our **MMA/Jiu-Jitsu** classes covers the Takedowns, Grappling, and Ground & Pound portion of MMA.

**Open Mat** is for all MMA & Kickboxing students to participate in. No formal class or coaching.

Come on in and use the facility. **Fighter Training** is lead by a coach and for athletes that compete for Team One. **Fighters Training** is during open mat & by invite only.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Muay Thai Kickboxing 7:00 to 8:00 PM	Muay Thai Kickboxing 7:00 to 8:00 PM	Muay Thai Kickboxing 7:00 to 8:00 PM	Muay Thai Kickboxing 7:00 to 8:00 PM	Open Mat / Fighter Training 6:00 to 8:00 PM
MMA/Jiu-Jitsu 8:00 to 9:15 PM	MMA/Jiu-Jitsu 8:00 to 9:15 PM	MMA/Jiu-Jitsu 8:00 to 9:15 PM	MMA/Jiu-Jitsu 8:00 to 9:15 PM	