



MID CITY MMA
JIU JITSU | WRESTLING | STRIKING | FITNESS



MID CITY MMA CLASS SCHEDULE - Q2 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRIKING BAG WORK 9AM	LAW ENFORCEMENT GRAPPLING 9AM	STRIKING BAG WORK 9AM	LAW ENFORCEMENT GRAPPLING 9AM	STRIKING BAG WORK 9AM	KIDS JIU JITSU (AGES 5-13) 9AM
WRESTLING OPEN MAT / DRILLING 10:30AM	GI JIU JITSU 10AM	STRIKING (BAG & PAD WORK MIX) 10AM	GI JIU JITSU 10AM	STRIKING (BAG & PAD WORK MIX) 10AM	NOGI SUB GRAPPLING (ADVANCED) 10AM	STRIKING BAG WORK 10AM
						FOUNDATIONAL JIU JITSU 11AM
	MMA PRACTICE 1:30-3PM *invite only*	MMA PRACTICE 1:30-3PM *invite only*	MMA PRACTICE 1:30-3PM *invite only*			COMPETITION JIU JITSU (INTERM. / ADVANCED) 12PM
	VALHALLA WRESTLING CLUB (AGES 8-18) 4:15-5:45PM	KIDS JIU JITSU (AGES 5-13) 4:30PM	VALHALLA WRESTLING CLUB (AGES 8-18) 4:15-5:45PM	KIDS JIU JITSU (AGES 5-13) 4:30PM	VALHALLA WRESTLING CLUB (AGES 8-18) 4:15-5:45PM	
	STRIKING BAG WORK 5:45PM	WRESTLING 5:30PM	STRIKING BAG WORK 5:45PM	WRESTLING 5:30PM		
	GI JIU JITSU 6:45PM	STRIKING PARTNER / PAD WORK (ADVANCED) 6:25PM	GI JIU JITSU 6:45PM	STRIKING PARTNER / PAD WORK (ADVANCED) 6:25PM	SPARRING *3 months of training required* 6-6:45PM	
		NOGI SUB GRAPPLING (ADVANCED) 7:15PM		NOGI SUB GRAPPLING (ADVANCED) 7:15PM	SPARRING *invite only* 6:45PM	

PLEASE NOTE :

- > Saturday Competition Jiu Jitsu and Sunday Wrestling Open Mat are non-instructional sessions.
- > MMA Practice and Pro Sparring are invite only.
- > Sparring requires at least 3 months of formal training before attending.