

# MODCOM-MMA MODERN COMBATIVES/MIXED MARTIAL ARTS

1713 University Ave. Berkeley, 94703, 510-540-8283, moderncombatives@hotmail.com

Class Schedule: effective 9/20/2007

www.moderncombatives.com

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>DAY</b>	10:30-12 ACCELERATED TRAINING GROUP (1 <sup>st</sup> & 3 <sup>rd</sup> )	-----  PRIVATE LESSONS  -----	PRIVATE LESSONS  -----  12-1 BJJ 101/201  -----  1-1:30 <i>BJJ OPEN MAT</i>  3:45-4:45 TEEN BOXING	PRIVATE LESSONS  -----  PRIVATE LESSONS  -----  4:30-5 BABY DINOS	PRIVATE LESSONS  -----  12-1 BJJ 101/201  -----  1-1:30 <i>BJJ OPEN MAT</i>  3:45-4:45 TEEN BOXING	-----  PRIVATE LESSONS  -----	9:30-10 BABY DINOS  -----  10-10:45 DINOS  -----  FITNESS MMA  -----  11-11:45 MMA ZERO  -----  MMA 101/201  -----  11:45-12:30 KICKBOXING 101/201  -----  12:30-1:30 BJJ 101/201  -----  1:30-2 <i>BJJ OPEN MAT</i>  -----  1:30 -2:30 FITNESS KB
			5-5:45 DINOS  FITNESS MMA  -----  6-6:45 FITNESS KB  -----  6-7 JUDO ( <i>no gi</i> ) 101/201  -----  7-8:30 MMA301	5-5:45 TEAM RAPTOR  -----  6-6:45 MMA 101/201  -----  6:45-7:30 KICKBOXING 101/201  -----  7:30-8:30 BJJ 101/201  -----  8:30-9 <i>BJJ OPEN MAT</i>	5-5:45 DINOS  FITNESS MMA  -----  6-6:45 FITNESS KB  -----  6-7 JUDO ( <i>gi</i> ) 101/201  -----  7-8:30 MMA301	5-5:45 TEAM RAPTOR  -----  6-6:45 MMA Zero  -----  MMA 101/201  -----  6:45-7:30 KICKBOXING 101/201  -----  7:30-8:30 BJJ 101/201  -----  8:30-9 <i>BJJ OPEN MAT</i>	5:15 - 6 JUNIOR BLACK BELT CLUB (1 <sup>st</sup> & 3 <sup>rd</sup> )  -----  6-7 WRESTLING 101/201  -----  7-8:30 MMA301
<b>EVENING</b>							

\* Private Lessons by appointment

\* 201, 301, JBBC and ATG classes require trainer approval