



## **Anaheim Hills, Placentia, Yorba Linda - Adults Class Schedule**

### **Mixed Martial Arts (MMA)**

Tuesday: 6:00 p.m. to 7:00 p.m. (Fight, Clinch, and Takedown)

Thursday: 6:00 p.m. to 7:00 p.m. (Submission Ground and Pound)

### **Krav Maga**

Monday: 7:00 p.m. to 7:45 p.m. (Level I and II)

Monday: 7:45 p.m. to 8:30 p.m. (Level III)

Wednesday: 7:00 p.m. to 8:00 p.m. (Level I)

Saturday: 9:30 a.m. to 10:30 a.m. (Level I and II)

### **Fight Conditioning**

Tuesday and Thursday: 7:00 p.m. to 8:00 p.m.

Saturday: 10:30 a.m. to 11:30 a.m.

### **Karate White Through Solid Purple Belts**

Monday and Wednesday: 7:00 p.m. to 7:45 p.m.

Tuesday and Thursday: 6:00 p.m. to 6:45 p.m.

### **Karate All Green, Blue, Red and Brown Belts**

Monday and Wednesday: 7:45 p.m. to 8:30 p.m.

Tuesday and Thursday: 6:45 p.m. to 7:30 p.m.

### **Karate Black Belts**

Monday and Wednesday: 7:45 p.m. to 8:30 p.m.

Tuesday and Thursday: 7:30 p.m. to 8:30 p.m.