

# QUEENS MMA

M I X E D M A R T I A L A R T S A C A D E M Y

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## C L A S S S C H E D U L E



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

iLoveKickboxing 10:00AM - 11:00AM		iLoveKickboxing 10:00AM - 11:00AM		iLoveKickboxing 10:00AM - 11:00AM		
LITTLE KIDS JUDO AGES 5 - 8 5:00PM-5:45PM		LITTLE KIDS JUDO AGES 5 - 8 5:00PM-5:45PM		LITTLE KIDS JUDO AGES 5 - 8 5:00PM-5:45PM	iLoveKickboxing 11:00AM - 12:00PM	iLoveKickboxing 11:00AM - 12:00PM
KIDS JUDO AGES 9 - 13 5:45PM-6:45PM	iLoveKickboxing 6:00PM - 7:00PM	KIDS JUDO AGES 9 - 13 5:45PM-6:45PM	iLoveKickboxing 6:00PM - 7:00PM	KIDS JUDO AGES 9 - 13 5:45PM-6:45PM	BRAZILIAN JIU JITSU 12:00PM - 1:00PM	ADVANCE KICKBOXING 12:00PM - 1:00PM
iLoveKickboxing 7:00PM - 8:00PM	iLoveKickboxing 7:00PM - 8:00PM	iLoveKickboxing 7:00PM - 8:00PM	iLoveKickboxing 7:00PM - 8:00PM	iLoveKickboxing 7:00PM - 8:00PM		
ADVANCE KICKBOXING 8:00PM - 9:00PM	FUNDAMENTALS JIU JITSU 8:00PM - 9:00PM	ADVANCE KICKBOXING 8:00PM - 9:00PM	FUNDAMENTALS JIU JITSU 8:00PM - 9:00PM	ADVANCE KICKBOXING 8:00PM - 9:00PM		
BRAZILIAN JIU JITSU 9:00PM - 10:00PM	BRAZILIAN JIU JITSU 9:00PM - 10:00PM	BRAZILIAN JIU JITSU 9:00PM - 10:00PM	BRAZILIAN JIU JITSU 9:00PM - 10:00PM	BRAZILIAN JIU JITSU OPEN MAT 9:00PM - 10:00PM		