

LASELVA MMA GYM SCHEDULE

1836 S. Woodlawn

260-6595

BJJ = BRAZILIAN JIU JITSU Marcio Laselva	KB = Kick Boxing,	BOXING Johnny Pappin	FF = FIGHTER FITNESS	KAR = Karate Chris Rose	KW = Kids Wrestling Eric Payne
	C = Capoeira				
	Marcio Navarro		Noah Morford		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	FF		FF		FF	
6:30						
7:00						
7:30						
8:00						
8:30						
9:00	FF	FF	FF	FF	FF	FF C
9:30						
10:00	BJJ	KB	BJJ	KB	BJJ No Gi	BJJ Gi/No Gi
10:30						
11:00	MMA		MMA		MMA	KB
11:30						
12:00	FF	FF	FF	FF	FF	
12:30						
1:00-4:00	Gym Closed					
4:00	BOXING	BOXING	BOXING	BOXING		
4:30						
5:00	BJJ Beg		BJJ Beg			
5:30	KB kids	KB	KB	KB	KB	Sub W
6:00	FF	FF	FF	FF	FF	FF
6:30						
7:00						
7:30	KB	Kar		KB	Kar	
8:00		M M A			M M A	

Gym hours: M-Th 9 am - 1 pm, 4 – 8:30 pm
 Fri 9 am - 1 pm, 5:30 – 6:30 pm
 Sat 9 am - Noon
 Sun Closed

MMA: This class is by instructor invitation only