

LASELVA MMA CLASS SCHEDULE

1836 S. Woodlawn 260-6595 LaselvaMMA.com

BJJ = BRAZILIAN JIU JITSU	KB = Kick Boxing,	BOX = BOXING	KAR = Karate	KW = Kids Wrestling	TKD = Taekwondo
Marcio Laselva	C = Capoeira	Johnny Pappin	Chris Rose	Eric Payne	Tom Lynn
	Marcio Navarro				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	KB	BJJ	KB	BJJ		
7:30						
8-9						
9:00						C
9:30						
10:00	BJJ	KB	BJJ	KB	BJJ No Gi	BJJ
10:30						YOGA
	MMA		MMA		MMA	KB
11:30						
12:00						
12:30						
1:00-4:00						
4:00		BOX			BOX	
4:30						
5:00	YOGA		W	YOGA		
5:30	KB kids	KW	BJJ Beg	KB kids	KW	BJJ Beg
6:00			KB	BJJ kids		Sub W
6:30	BJJ	TKD	BJJ	BOX	C	
7:00				TKD		
7:30	KB		KAR	MMA		
8:00			W	KB		
					KAR	MMA

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

W: Wrestling- Part of BJJ membership