

Lloyd Irvin's Mixed Martial Arts Academy

ADULT THAI-JITSU / MUAY THAI KICKBOXING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Intro Program 10:30 - 11:30am		Intro Program 10:30 - 11:30am		Combat Gold Club Special Techniques 10:00 - 11:00am	
Combat Gold Club Purple-Black Belts 6:30 - 7:30pm	Combat Gold Club Gold-Blue Belts 6:30 - 7:30pm	Combat Gold Club Purple-Black Belts 6:30 - 7:30pm	Combat Gold Club Gold-Blue Belts 6:30 - 7:30pm	Combat Gold Club Clinch/Knee/Kick 6:00 - 7:00pm	Muay Thai Fight Team 11:00am - 12:00pm	
	Intro Program 7:30 - 8:30pm		Intro Program 7:30 - 8:30pm	Combat Gold Club Muay Thai Pad Work 7:00 - 8:00pm		
Muay Thai Fight Team 8:30 - 9:30pm		Muay Thai Fight Team 8:30 - 9:30pm		Muay Thai Fight Team 8:00 - 9:00pm		

ADULT BRAZILIAN JIU-JITSU (GI) & NO GI GRAPPLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BJJ White Belt Basics 10:30 - 11:30am		BJJ White Belt Basics 10:30 - 11:30am				
Combat Gold Club NO-GI Passing/Sparring 11:30am - 12:45pm	BJJ Blue Belts & Above Guard Passing / Sparring 11:30am - 12:45pm	Combat Gold Club NO-GI Sweeping/Sparring 11:30am - 12:45pm	BJJ Blue Belts & Above Sweeping / Sparring 11:30am - 12:45pm		BJJ Basics 11:00 - 12:00am	
BJJ Sweeps All Levels 5:30 - 6:30pm					Competition Team 12:00 - 2:00pm	
Competition Team 6:30 - 7:30am	BJJ White Belt Basics 6:30 - 7:15pm	Competition Team 6:30 - 7:30am	BJJ White Belt Basics 6:30 - 7:15pm		Sparring & Open Mat 2:00 - 3:00pm	
BJJ White Belt Basics* 7:30 - 8:30pm	Women's Only BJJ* All Levels 7:30pm - 8:20pm	Combat Gold Club NO-GI Grappling/Leg Locks 8:30 - 9:30pm	Women's Only BJJ* All Levels 7:30pm - 8:20pm			
BJJ Advanced Combat Gold Club Combat Athlete 8:30 - 9:30pm	BJJ Blue Belts & Above Combat Gold Club Combat Athlete 8:30 - 9:30pm	BJJ White Belt Basics* Gripping & Guard Passing 8:30 - 9:30pm	BJJ Blue Belts & Above* Combat Gold Club Combat Athlete 8:30 - 9:30pm	BJJ Blue Belts & Above* Combat Gold Club Combat Athlete 7:30 - 9:00pm		

MMA - MIXED MARTIAL ARTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MMA All Levels 10:30 - 11:30am	MMA All Levels 4:30 - 5:30pm	MMA All Levels 10:30 - 11:30am	MMA All Levels 4:30 - 5:30pm		MMA All Levels 10:00 - 11:00am	
MMA All Levels 7:30 - 8:30pm	MMA Combat Athlete Only 7:30 - 8:30pm	MMA All Levels 7:30 - 8:30pm	MMA Combat Athlete Only 7:30 - 8:30pm			

WRESTLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Wrestling Takedowns All Levels 5:30 - 6:30pm		Wrestling Takedowns All Levels 5:30 - 6:30pm	Wrestling Takedowns* All Levels 6:30 - 8:30pm		

Schedule subject to change at any time. Thank you.

* Indicates classes held downstairs, #6353-6355