



DCA MMA TIMETABLE

ADULTS

■ BJJ

■ MMA

■ Striking / Boxing

■ S&C / Open Mat / Sparring

MONDAY

9:30am - 10:30am
BJJ No Gi (All Levels)

5:45pm - 6:45pm
BJJ Fundamentals No Gi

6:45pm - 7:45pm
Striking for MMA

TUESDAY

9:30am - 10:30am
Strength & Conditioning

5:45pm - 6:45pm
MMA Fundamentals

6:45pm - 8:00pm
BJJ No Gi (All Levels)

WEDNESDAY

9:30am - 10:30am
Open Mat (\$15 Non-Members)

5:45pm - 6:45pm
BJJ Fundamentals No Gi

6:45pm - 7:45pm
Boxing for MMA

THURSDAY

9:30am - 10:30am
Strength & Conditioning

5:45pm - 6:45pm
MMA (All Levels)

6:45pm - 8:00pm
BJJ No Gi (Advanced)

FRIDAY

9:30am - 10:30am
BJJ No Gi (All Levels)

5:45pm - 6:30pm
Striking for MMA

6:30pm - 7:30pm
MMA Sparring (Coach approval, min. 6 months)

SATURDAY

10:45am - 12:00pm
Open Mat (\$15 Non-Members)

KIDS & TEENS

■ Little Warriors 3-4

■ Juniors 5-7

■ Kids 8-12

■ Teens 13-17

MONDAY

3:45pm - 4:15pm
Juniors BJJ (No Gi) 5-7yrs
MAT A

4:15pm - 5:00pm
Kids BJJ (No Gi) 8-12yrs
MAT A

5:00pm - 5:45pm
Teens BJJ (No Gi) 13-17yrs
MAT A

TUESDAY

3:45pm - 4:15pm
Little Warriors MMA 3-4yrs
MAT A

4:15pm - 5:00pm
Kids Striking 8-12yrs
MAT A

5:00pm - 5:45pm
Kids BJJ Comp Class (Coach Approval)
MAT A

5:00pm - 5:45pm
Teens Striking 13-17yrs
MAT B

WEDNESDAY

3:45pm - 4:15pm
Juniors BJJ (Gi) 5-7yrs
MAT A

4:15pm - 5:00pm
Kids BJJ (Gi) 8-12yrs
MAT A

5:00pm - 5:45pm
Teens BJJ (Gi) 13-17yrs
MAT B

THURSDAY

3:45pm - 4:15pm
Little Warriors MMA 3-4yrs
MAT A

4:15pm - 5:00pm
Kids BJJ (No Gi) 8-12yrs
MAT A

5:00pm - 5:45pm
Teens BJJ (No Gi) 13-17yrs
MAT B

FRIDAY

3:45pm - 4:15pm
Juniors Striking 5-7yrs
MAT A

4:15pm - 5:00pm
Kids MMA 8-12yrs
MAT A

4:15pm - 5:00pm
Teens MMA 13-17yrs
MAT B

5:00pm - 5:45pm
Teens BJJ Comp Class (Coach Approval)
MAT A

SATURDAY

9:00am - 9:30am
Little Warriors MMA 3-4yrs
MAT A

9:30am - 10:00am
Juniors BJJ (No Gi) 5-7yrs
MAT A

10:00am - 10:45am
Kids Wrestling for BJJ
MAT A

10:00am - 10:45am
Teens Wrestling for BJJ
MAT B