



Cor Fitness MMA Class Schedule

Hours of Operation
Sunday: 1 pm – 5 pm
Mon – Fri: 6 am – 9:30 pm
Sat: 9 am – 5 pm

Monday's Times

Class	Class
6:15 – 7:15 AM	Kickcamp or Cor Conditioning
9:30 – 10:25 AM	Brazilian Jiu-Jitsu Fundamentals Muay Thai Fundamentals
10:30 AM – 1:00 PM	Brazilian Jiu-Jitsu Competition Prep Competition Prep Muay Thai
11:00 AM – 11:55 AM	Senior Fit
5:30 – 6:25 PM	Children's Karate Kickcamp or Cor Conditioning
6:30 – 7:25 PM	Brazilian Jiu-Jitsu Fundamentals Muay Thai Fundamentals
7:30 – 8:25 PM	Advanced Muay
8:00 – 9:30 PM	Brazilian Jiu-Jitsu Team Training

Tuesday's Time

Class	Class
6:15 – 7:00 AM	Kickcamp or Cor Conditioning
9:30 – 10:30 AM	Brazilian Jiu-Jitsu Fundamentals
10:30 – 1:00 PM	Brazilian Jiu-Jitsu Competition Prep
5:30 – 6:25 PM	Children's Brazilian Jiu-Jitsu Kickcamp or Cor Conditioning
6:30 – 7:25 PM	Brazilian Jiu-Jitsu Fundamentals Muay Thai Fundamentals
7:30 – 8:25 PM	Advanced Muay Thai
8:00 – 9:30 PM	Brazilian Jiu-Jitsu Team Training
8:30 – 9:25 PM	Boxing Fundamentals

Wed's Times

Class	Class
6:15 – 7:15 AM	Kickcamp or Cor Conditioning
9:30 – 10:25 AM	Brazilian Jiu-Jitsu Fundamentals Muay Thai Fundamentals
10:30 AM – 1:00 PM	Brazilian Jiu-Jitsu Competition Prep Competition Prep Muay Thai
11:00 AM – 11:55 AM	Senior Fit
5:30 – 6:25 PM	Children's Karate Boxing Conditioning
6:30 – 7:25 PM	Brazilian Jiu-Jitsu Fundamentals Muay Thai Fundamentals
7:30 – 8:25 PM	Advanced Muay Thai
8:00 – 9:30 PM	Brazilian Jiu-Jitsu Team Training

Thursday's Time	Class	Class
6:15 – 7:00 AM	Kickcamp or Cor Conditioning	
9:30 – 10:30 AM	Brazilian Jiu-Jitsu Fundamentals	
10:30 – 1:00 PM	Brazilian Jiu-Jitsu Competition Prep	
5:30 – 6:25 PM	Children's Brazilian Jiu-Jitsu	Kickcamp or Cor Conditioning
6:30 – 7:25 PM	Brazilian Jiu-Jitsu Fundamentals	Muay Thai Fundamentals
7:30 – 8:25 PM		Advanced Muay Thai Fundamentals
8:00 – 9:30 PM	Brazilian Jiu-Jitsu Team Training	
8:30 – 9:25 PM	Boxing Fundamentals	

Friday's Times	Class	Class
6:15 – 7:15 AM	Kickcamp or Cor Conditioning	
9:30 – 10:25 AM	Brazilian Jiu-Jitsu Fundamentals	Muay Thai Fundamentals
10:30 AM – 1:00 PM	Brazilian Jiu-Jitsu Competition Prep	Competition Prep Muay Thai
11:00 AM – 11:55 AM	Senior Fit	
5:30 – 6:25 PM	Children's Karate	Kickcamp or Cor Conditioning
6:30 – 7:25 PM	Brazilian Jiu-Jitsu Fundamentals	Muay Thai Fundamentals
7:30 – 8:25 PM		Advanced Muay Thai
8:00 – 9:30 PM	Brazilian Jiu-Jitsu Team Training	

Saturday's Time	Class
9:30 AM - 10:30 AM	Kickcamp or Cor Conditioning
10:45 AM – 11:40 PM	Children's Brazilian Jiu-Jitsu
12:00 PM – 1:00 PM	Boxing Fundamental's
12:00 PM – 3:00 PM	Open Mat

Sunday's Time	Class
1:00 – 3:00 PM	Open Mat
1:15 – 2:15 PM	Kickcamp or Cor Conditioning

Hours of Operation
 Sunday: 1 pm – 5 pm
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 Sat: 9 am – 5 pm

www.corfitnessmma.com




 @corfitnessmma
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