



Cor Fitness MMA Class Schedule 2018

Fitness Classes – Cor Conditioning, Kick Kamp, Kick Box and Boxing Conditioning

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
9:30 AM	6:15 AM	6:15 AM	6:15 AM	6:15 AM	6:15 AM	9:30 AM
	5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	

Adult Brazilian Jiu-Jitsu – A BJJ Gi (Kimono) is required for this class. A Rash Guard and Shorts are required for No Gi

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
		6:30 AM		6:30 AM		***12:00 PM No Gi
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	1 PM Open Mat
	*12 noon	*12 noon		*12 noon		
	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	
	**8:00 PM	**8:00 PM	**8:00 PM	8:00 PM No Gi	**7:30 PM	

* Competition Prep ** Advanced BJJ ***Saturday No Gi is 1st and 3rd Saturday of each month

Adult Striking Classes - Boxing Gloves Required – For Kick Boxing Sparring and Advanced Classes - Shin Guards, Head Gear and Mouth Piece required.

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
	8:30 AM All Levels		8:30 AM All Levels		8:30 AM All Levels	
	6:30 PM Advanced	6:00 PM Beginners	6:30 PM Advanced	6:00 PM Beginners	6:30 PM Advanced	2:00 PM Boxing
	7:30 PM All Levels	7:00 Kids KB	*7:30 PM Kickboxing Sparring	7:00 Kids KB	7:30 Sparring	
		7:45 PM Boxing		7:45 PM All Levels		

Wrestling and MMA Fundamentals – COMING SOON

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday

* MMA is the 2nd and 4th Saturday of each month.

Cor Fitness MMA Children's Class Schedule

Kenpo Karate – Karate Gi is required for this class

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
	5:45 PM		5:45 PM		5:45 PM	

Brazilian Jiu-Jitsu A BJJ Gi (Kimono) is required for this class. A Rash Guard and Shorts are required for No Gi

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
		5:45 PM		5:45 PM		10:45 AM

Children's BJJ Program will be broken into Beginner, Intermediate and Advanced

Children's Kick Boxing – Boxing Gloves are Required for this class

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
		7:00 PM		7:00 PM		*12 Noon Kick Together

*Kick Together is Family Martial Arts. Parents of our child members are welcome to join.

Balintawak Escrima Cuentada (Filipino Martial Arts) – Partner Services Taboada System

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
10:15 AM				6:30 PM		

Daito Aikijujutsu Ginjuka – Partner Services

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
11:30 AM				7:45 PM		

Member Type

Price

Adult

\$99/Month Plus Tax

Child (5 – 15)

\$79/Month Plus Tax

Family

Prices Vary

Add on Partner Services

+\$30

Hours of Operation

Sunday: 9 am – 2 pm
 Mon – Th: 6 am – 930 pm
 Fri: 6 am – 830 pm
 Sat: 9 am – 3 pm

www.corfitnessmma.com



@corfitnessmma

9229 Lawyers Road, Mint Hill NC

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Cor Fitness MMA Calendar of Events – 2018

Month	CIII Open Tournament	IBJJF/NAGA/ Newbreed	Striking Tournaments	Seminars
January		<ul style="list-style-type: none">Newbreed 27th		
February	<ul style="list-style-type: none">CIII Karate 10thCIII BJJ 17th	<ul style="list-style-type: none">IBJJF Atl 3rd		
March	<ul style="list-style-type: none">CIII Karate 17th	<ul style="list-style-type: none">IBJJF Pan 7th – 10th		
April	<ul style="list-style-type: none">CIII BJJ 7th	<ul style="list-style-type: none">NAGA Atl 21st		
May	<ul style="list-style-type: none">CIII Karate 19th	<ul style="list-style-type: none">IBJJF World (Cali) Adult 1st – 3rd		<ul style="list-style-type: none">Mint Hill Madness May 25-27
June	<ul style="list-style-type: none">CIII BJJ 9th	<ul style="list-style-type: none">NAGA CLT 16th		<ul style="list-style-type: none"><i>Chico Mendes</i>
July	<ul style="list-style-type: none">CIII Karate 21st	<ul style="list-style-type: none">IBJJF Orlando 28th		
August	<ul style="list-style-type: none">CIII BJJ 4th	<ul style="list-style-type: none">Newbreed CLT 18thNAGA MB 18thIBJJF World Masters 22nd – 25th		
September	<ul style="list-style-type: none">CIII Karate 15th			
October	<ul style="list-style-type: none">CIII BJJ 20th	<ul style="list-style-type: none">NAGA ATL 6th		
November	<ul style="list-style-type: none">CIII Karate 17th	<ul style="list-style-type: none">NAGA CLT 3rd		
December	<ul style="list-style-type: none">CIII Championship			