



Cor Fitness MMA Class Schedule Effective 1/1/2019

All Adult Classes are 55 minutes, and children's classes are 45 minutes.

Fitness Classes – Boot Camps and Kick/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
	9:30 AM Basic	9:30 AM Basic	9:30 AM Basic	9:30 AM Basic	9:30 AM Basic	12 PM Open Mat
		10:30 Fund		10:30 Fund		
	6:30 PM Basic	6:30 PM Basic	6:30 PM Basic	6:30 PM Basic	7:00 PM No Gi	
	7:30 PM Fund	7:30 PM Adv	7:30 PM Fund	7:30 PM Adv		

Adult Kickboxing Boxing Gloves Required – Shin Guards, Head Gear and Mouth Piece required for sparring

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
	8:30 All Levels		8:30 AM All Levels		8:30 AM All Levels	
	6:30 PM Advanced		6:30 PM Advanced		6:30 PM Advanced	11:00 AM All Levels
		7:30 PM Boxing/ Sparring		7:30 PM Boxing/ Sparring		

MMA Fundamentals (MMA Invite Only) – Appropriate Equipment Required for this class.

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
	7:30 PM MMA NO GI BJJ		7:30 PM MMA NO GI BJJ		7:30 PM MMA NO GI BJJ	

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

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

Children's Kickboxing Fundamental's – Boxing Gloves are required for this class

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
		6:30 PM		6:30 PM		

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		

Day of week	Hours
Sunday	9AM – 12 Noon
Monday – Friday	6 AM – 12 Noon
Monday – Friday	4:30 PM – 9:00 PM
Saturday	9AM – 3:00 PM

Member Type	Price
Adult	\$109/Month Plus Tax
Child (5 – 15)	\$89/Month Plus Tax
Family	Prices Vary

www.corfitnessmma.com



@corfitnessmma

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