



# Cor Fitness MMA Class Schedule Effective

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

## Fitness Classes – Boot Camp – DXF Training @ Cor Fitness MMA

| Sunday  | Monday  | Tues    | Weds    | Thursday | Friday  | Saturday |
|---------|---------|---------|---------|----------|---------|----------|
| 9:30 AM |         | 6:30 AM | 5:00 AM | 6:30 AM  | 5:00 AM | 9:30 AM  |
|         | 9:00 AM | 9:00 AM |         | 9:00 AM  |         |          |
|         | 5:40 PM | 5:40 PM | 5:40 PM | 5:40 PM  | 5:40 PM |          |

## Fitness Classes – Boot Camp – DXF Training @ Queens Grant Elementary

|  |         |         |  |         |  |  |
|--|---------|---------|--|---------|--|--|
|  | 5:00 AM | 5:00 AM |  | 5:00 AM |  |  |
|--|---------|---------|--|---------|--|--|

Cor Fitness MMA Instruction **DXF Instruction** – subject to change

## Adult Brazilian Jiu-Jitsu – A BJJ Gi (Kimono) is required for this class

| Sunday | Monday                | Tues                  | Weds                  | Thursday              | Friday                | Saturday          |
|--------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------|
|        | 9:30 AM<br>All Levels | 9:30 AM<br>All Levels | 9:30 AM<br>All Levels | 9:30 AM<br>All Levels | 9:30 AM<br>All Levels | 12 PM<br>Open Mat |
|        | 6:30 PM<br>NO GI      | 6:30 PM<br>All Levels | 6:30 PM<br>NO GI      | 6:30 PM<br>All Levels | 6:30 PM<br>All Levels |                   |
|        |                       | 7:30 PM<br>Adv        |                       | 7:30 PM<br>Adv        |                       |                   |

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

| Sunday | Monday                | Tues                                      | Weds                  | Thursday                                  | Friday                | Saturday |
|--------|-----------------------|---|-----------------------|---|-----------------------|----------|
|        | 6:30 PM<br>All Levels |   | 6:30 PM<br>All Levels |   | 6:30 PM<br>All Levels |          |
|        |                       | 7:30 PM<br>Adv<br>Kickboxing/<br>Sparring |                       | 7:30 PM<br>Adv<br>Kickboxing/<br>Sparring |                       |          |

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

| Sunday | Monday             | Tues | Weds               | Thursday | Friday                      | Saturday |
|--------|--------------------|------|--------------------|----------|-----------------------------|----------|
|        | 7:30 PM<br>MMA     |      | 7:30 PM<br>MMA     |          | 7:30 PM<br>MMA/NO<br>GI BJJ |          |
|        | 8:30 Fight<br>Camp |      | 8:30 Fight<br>Camp |          | 8:30 Fight<br>Camp          |          |

# 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  |        |          |

| Member Type            | Price   |
|------------------------|---------|
| 1 Adult                | \$109   |
| 1 Adult Fitness        | \$89    |
| 1 Child (5 – 15)       | \$89    |
| *2 Children            | \$156   |
| *1 Adult 1 Child       | \$176   |
| *1 Adult 2 Children    | \$243   |
| *2 Adult 1 Child       | \$258   |
| *2 Adult (Married)     | \$191   |
| *3 Children            | \$273   |
| One on One Instruction | \$40/hr |

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

[www.corfitnessmma.com](http://www.corfitnessmma.com)



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\*Indicates Family Discounted Rates. All members must live in same household to qualify for these rates