



# Cor Fitness MMA Class Schedule Effective June 1<sup>st</sup>, 2019

All Adult Classes are 55 minutes, and children's classes are 30 or 45 minutes.

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

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
	5:00 AM	5:00 AM	5:00 AM	5:00 AM	5:00 AM	
9:30 AM		6:30 AM		6:30 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	

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 All Levels	9:30 AM All Levels	9:30 AM All Levels	9:30 AM All Levels	9:30 AM All Levels	12 PM Open Mat
	6:30 PM NO GI	6:30 PM All Levels	6:30 PM NO GI	6:30 PM All Levels	6:30 PM All Levels	
	7:30 PM Womens	7:30 PM Adv		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
	6:30 PM All Levels		6:30 PM All Levels		6:30 PM All Levels	

## Advanced MMA and MMA Fundamentals - Appropriate Equipment Required for this class.

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
	7:30 PM MMA (invite only)	7:30 Beginners MMA	7:30 PM MMA (invite only)	7:30 Beginners MMA	7:30 PM MMA (invite only)	
	8:30 <i>Fight Camp</i>		8:30 <i>Fight Camp</i>		8:30 <i>Fight Camp</i>	

# Cor Fitness MMA Children's Class Schedule

## Kenpo Karate – Little Ninjas (4 – 8 years old) Karate Gi is required for this class

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
	5:30 PM		5:30 PM		5:30 PM	

## Kenpo Karate – Ninja Warriors (9+ years old) Karate Gi is required for this class

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
	6:00 PM		6:00 PM		6:00 PM	

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

Sunday	Monday	Tues	Weds	Thursday	Friday	Saturday
		5:30 PM		5:30 PM		10:45 AM

## 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