



Cor Fitness MMA – Class Schedule 9/1/2019

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



Fitness Classes – Boot Camps, HIIT – DXF Training

Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
	5:00 AM	5:00 AM		5:00 AM	5:00 AM	
9:30 AM						9:30 AM
	5:40 PM	5:40 PM	5:40 PM	5:40 PM	5:40 PM	

Adult Brazilian Jiu Jitsu – BJJ GI Required for this class unless indicated

Sunday	Monday	Tuesday	Weds	Thurs	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	
1pm 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 No Gi Adv	7:30 PM Adv	7:30 PM No Gi Adv	7:30 PM Adv		

Adult Kickboxing – Boxing Gloves, Shin Guards, Mouth Guard are required for this class

Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
	6:30 PM Adv		6:30 PM Adv		6:30 PM Adv	10:30 AM All Levels

Advanced MMA, Fighters Classes and Striking Fundamentals

Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
	7:30 PM MMA (Invite Only)	7:30 PM Striking Fund. (All Levels)	7:30 PM MMA (Invite Only)	7:30 PM Striking Fund. (All Levels)	7:30 PM MMA (Invite Only)	
	8:30 PM Fighters MMA		8:30 PM Fighters MMA		8:30 PM Fighters MMA	

Class times and schedule are subject to change. Please check our social media for updates

Cor Fitness MMA – Children’s Class Schedule

Kenpo Karate - Little Ninjas (4-6 years old) Karate Gi is required for this class

Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
	5:30 PM		5:30 PM		5:30 PM	

Kenpo Karate – Warriors (6+ years old) Karate Gi is required for this class

Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
	6:00 PM		6:00 PM		6:00 PM	

Children’s Brazilian Jiu Jitsu – BJJ Gi required for this class

Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
		5:45 PM		5:45 PM		10:45 AM

Children’s Kickboxing Fundamentals – Boxing Gloves are required for this class

Sunday	Monday	Tuesday	Weds	Thurs	Friday	Saturday
		6:30 PM		6:30 PM		

Member Type	Price/Month
Adult All Inclusive	\$109
Adult Fitness Only	\$89
1 Child (5-12)	\$89
*2 Children	\$156
*1 Adult 1 Child	\$176
*1 Adult 2 Children	\$243
*2 Adult 1 Child	\$258
*2 Adult (Household)	\$191
*3 Children	\$273
Personal Training	\$40/Hour

Cor Fitness Hours are during class times only. Generally we open about 15 minutes before each class time starts.

www.corfitnessmma.com



@corfitnessmma

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