

Team Lima MMA & Fitness

Updated & effective July 1, 2023

	Mon	Tue	Wed	Thurs	Fri	Sat	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	Advanced MMA* 9-10am	
11:00 AM	Women's BJJ 10-11am Cardio Kickboxing 10-11am	
12:00 PM	Kids (Gi) 4-6 yrs 11-12pm Kids (Gi) 7-12 yrs 11-12pm Cardio Kickboxing 11-12pm	
1:00 PM	Adult Jiu Jitsu (Gi) 12-1pm	Adult Jiu Jitsu (NoGi) 12-1pm	Adult Jiu Jitsu (Gi) 12-1pm	Adult Jiu Jitsu (NoGi) 12-1pm	Adult Jiu Jitsu (NoGi) 12-1pm	Adult Jiu Jitsu (Gi) 12-1pm	
5:00 PM	
6:00 PM	Cardio Kickboxing 5:30-6:30pm Wrestling 5:30-6:30pm BJJ NoGi Fundamentals 6:30-8:30pm	Cardio Kickboxing 5:30-6:30pm BJJ Gi Fundamentals 6:30-8:30pm	Cardio Kickboxing 5:30-6:30pm Wrestling 5:30-6:30pm BJJ NoGi Fundamentals 6:30-8:30pm	Cardio Kickboxing 5:30-6:30pm Wrestling 5:30-6:30pm BJJ NoGi Fundamentals 6:30-8:30pm	Cardio Kickboxing 5:30-6:30pm BJJ Gi Fundamentals 6:30-8:30pm	Cardio Kickboxing 5:30-6:30pm BJJ NoGi Fundamentals 6:30-8:30pm	.
7:00 PM	Cardio Kickboxing 6:30-7:30pm Self Defense 6:30-7:30pm Muay Thai Striking 6:30-7:30pm Sparring	Adult Jiu Jitsu (Gi) 6:30-7:30pm Boxing 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm Adult Jiu Jitsu (NoGi) 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm Muay Thai Striking 6:30-7:30pm Technique	Adult Jiu Jitsu (Gi) 6:30-7:30pm Boxing 6:30-7:30pm	Adult Jiu Jitsu (NoGi) 6:30-7:30pm Cardio Kickboxing 6:30-7:30pm Muay Thai Striking 6:30-7:30pm Technique Self Defense 6:30-7:30pm	
8:00 PM	Advanced MMA* 7:30-8:30pm	Boxing 7:30-8:30pm	Advanced MMA* 7:30-8:30pm	Boxing 7:30-8:30pm	Beginner MMA 7:30-8:30pm	Boxing 7:30-8:30pm	
9:00 PM	

* Advanced MMA classes by Coach's invite only