

**Team Lima MMA & Fitness**  
Updated & effective January 1, 2024

	Mon	Tue	Wed	Thurs	Fri	Sat
7:00 AM	.	Adult Jiu Jitsu (NoGI) 7-8am	.	Adult Jiu Jitsu (NoGI) 7-8am	.	.
8:00 AM	.	.	.	.	.	.
9:00 AM	Cardio Kickboxing 9-10am	.	Cardio Kickboxing 9-10am	.	Cardio Kickboxing 9-10am	Advanced MMA* 9-10am
10:00 AM	.	.	.	.	.	Kids (GI) All ages 10-11am
11:00 AM	.	.	.	.	.	Adult Jiu Jitsu (GI) 11-12pm
12:00 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	Cardio Kickboxing 11-12pm
1:00 PM	.	.	.	.	.	.
5:00 PM	.	.	.	.	.	.
6:00 PM	Cardio Kickboxing 5:30-6:30pm	Wrestling 5:30-6:30pm	Cardio Kickboxing 5:30-6:30pm	Wrestling 5:30-6:30pm	Cardio Kickboxing 5:30-6:30pm	Kids (NoGI) 4-5 yrs 5-5:45pm
6:30 PM	BJJ NoGI Fundamentals 6:30-8:30pm	BJJ GI Fundamentals 6:30-8:30pm	BJJ NoGI Fundamentals 6:30-8:30pm	BJJ NoGI Fundamentals 6:30-8:30pm	BJJ GI Fundamentals 6:30-8:30pm	Kids (GI) 7-12 yrs 5:45-6:30pm
7:00 PM	Cardio Kickboxing 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm	Cardio Kickboxing 6:30-7:30pm	Kids (GI) 7-12 yrs 5:45-6:30pm
7:30 PM	Self Defense 6:30-7:30pm	Advanced MMA* 6:30-7:30pm	Advanced MMA* 6:30-7:30pm	Advanced MMA* 6:30-7:30pm	Advanced MMA* 6:30-7:30pm	Advanced MMA* 6:30-7:30pm
8:00 PM	Adult Jiu Jitsu (GI) 6:30-7:30pm	Adult Jiu Jitsu (NoGI) 6:30-7:30pm	Adult Jiu Jitsu (GI) 6:30-7:30pm	Adult Jiu Jitsu (NoGI) 6:30-7:30pm	Adult Jiu Jitsu (NoGI) 6:30-7:30pm	Adult Jiu Jitsu (GI) 6:30-7:30pm
8:30 PM	Boxing 6:30-7:30pm	Boxing 6:30-7:30pm	Boxing 6:30-7:30pm	Boxing 6:30-7:30pm	Boxing 6:30-7:30pm	Boxing 6:30-7:30pm
9:00 PM	Muay Thai Striking 7:30-8:30pm Sparring	Beginner MMA 7:30-8:30pm	Muay Thai Striking 7:30-8:30pm Technique	Beginner MMA 7:30-8:30pm	Beginner MMA 7:30-8:30pm	Boxing 7:30-8:30pm

\* Advanced MMA classes by Coach's invite only