



Shaddock MMA 2010 Class Schedule



<http://www.shaddockmma.com> 443-280-0812

Effective May 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Caveman Jiu-jitsu		Caveman Jiu-jitsu		Caveman Jiu-jitsu		
8:00 AM						Boxing Clinic** (Contact)	
9:30 AM		Girl Box		Girl Box			
10:30 AM						Adult Gaijin Ryu Jiu-Jitsu	
Classes in BLUE text are taught by Master Lee Epperson. All others taught by John Shaddock.							
5:00 PM	Shaddock MMA Junior Team Practice (Ages 13-19)	Kid Gaijin Ryu Jiu-Jitsu (Special 5:30 start)	Shaddock MMA Junior Team Practice (Ages 13-19)	Kid Gaijin Ryu Jiu-Jitsu (Special 5:30 start)	Adult Open Mat		
6:00 PM	Fit Box (Beginner Boxing)	Adult Gaijin Ryu Jiu-Jitsu (Special 6:30 start)	Fit Box (Beginner Boxing)	Adult Gaijin Ryu Jiu-Jitsu (Special 6:30 start)	MMA Fitness (Special 6:15 start)		Girl Fight**
7:00 PM	Boxing Training Camp (Advanced)		Boxing Training Camp (Advanced)				
8:00 PM	No Gi Grappling (Contact)	Boxing for MMA (Contact)	Wrestling for MMA (Contact)	Kickboxing for MMA (Contact)			

Both the Saturday morning Boxing Clinic and Sunday evening Girl Fight programs run in five week blocks.

Contact John Shaddock at shaddockmma@comcast.net for details on the next offering.