



Shaddock MMA 2010 Class Schedule

<http://www.shaddockmma.com>

443-280-0812

Effective February 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Caveman Jiu-jitsu		Caveman Jiu-jitsu		Caveman Jiu-jitsu		
9:30 AM		Girl Box (NEW!)		Girl Box (NEW!)			
5:00 PM	Shaddock MMA Junior Team Practice (Ages 13-19)		Shaddock MMA Junior Team Practice (Ages 13-19)		Adult Open Mat		
6:00 PM	Fit Box (Beginner Boxing)		Fit Box (Beginner Boxing)		MMA Fitness (No Contact) Special 6:15 PM start time		Girl Fight** (Women's Self-Defense and Fitness)
7:00 PM	Boxing Training Camp (Advanced)		Boxing Training Camp (Advanced)				
8:00 PM	Shaddock MMA Fight Team Practice (Contact)		Shaddock MMA Fight Team Practice (Contact)				

**** Girl Fight is a five-week program and will end in February. If you're interested in another offering, email Bones at shaddockmma@comcast.net**

Please refer to Master Lee's schedule for other classes