



STRONGSTYLE

Mixed Martial Arts & Fitness Center

6900 Granger Rd
Independence OH 44131
Ph: (216) 520 0271
info@strongstyle.com

Hours of operation:
5:30am - 10pm - Mon -Thu
5:30am - 9pm - Fri
9am - 5pm - Sat, Sun

Class Schedule *(Updated Jan 2012)*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00	Strong Style Conditioning		Strong Style Conditioning		Strong Style Conditioning	
9:00-10:00	Strong Style Conditioning		Strong Style Conditioning		Strong Style Conditioning	Strong Style Conditioning
10:15-11:00						Youth Martial Arts All ranks
10:15-11:15						Yoga
11:00-11:30						Little Leaders Karate
11:00-12:00						Youth Boxing
11:00-12:00						Adult Gi Grappling
11:00-12:00						Adult MMA Wrestling
11:30-12:30						Strong Style Conditioning
12:00-1:00		Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning		
12:00-1:30						Adult MMA Grappling
4:00-4:30	Little Leaders Karate				Open Gym	
4:30-5:15	Youth Martial Arts Novice		Youth Martial Arts Novice		Open Gym	
5:00-5:45		Youth Martial Arts White Belt		Youth Martial Arts White Belt	Open Gym	
5:00-6:00		Strong Style Conditioning		Strong Style Conditioning	Open Gym	
5:00-6:30	Boxing	Boxing	Boxing	Boxing	Open Gym	
5:15-6:00	Youth Martial Arts Inter/Adv		Youth Martial Arts Inter/Adv		Open Gym	
5:15-6:00	Youth Conditioning		Youth Grappling		Youth Conditioning	
6:00-6:30			Little Leaders Karate		Open Gym	
6:00-7:00		Youth Wrestling			Open Gym	
6:00-7:00	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Open Gym	
6:00-7:00	Youth Judo	Adult Gi Grappling		Youth Judo	Open Gym	
6:30-7:30				Adult Gi Grappling	Open Gym	
7:00-8:00	Strong Style Conditioning		Strong Style Conditioning		Open Gym	
7:00-8:00	Adult MMA Boxing		Adult MMA Muay Thai		Open Gym	
7:00-8:30		Adult MMA Grappling			Open Gym	