

# Full Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a-7:00a	Strong Style Conditioning		Strong Style Conditioning		Strong Style Conditioning	
9:00a-10:00a	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning
10:00a-11:00a						Adult Boxing
10:00a-10:45a						Youth MMA Drilling and Techniques
11:00a-11:30a						Little Leaders Karate
11:00a-12:30p						Adult Gi BJJ
11:00a-12:00p						Adult MMA Wrestling
11:00a-12:00p						Strong Style Conditioning
12:00p-1:00p	Strong Style Conditioning	Strong Style MMA <small>(uniform required)</small>	Strong Style Conditioning	Strong Style MMA <small>(uniform required)</small>	Strong Style Conditioning	
12:30p -1:30p						Adult No-Gi Grappling
4:00p-4:30p	Little Leaders Karate					<p><b>Sunday</b> New class added Strong Style MMA <small>(uniform required)</small> 10:30a-11:30a</p> <p><b>Events/Updates</b></p> <p><b>*Gloves and sparring gear rental is available at the front desk</b></p> <p><b>* Kids birthday parties now available – see front desk for details</b></p> <p><b>Hours of operation:</b> 5:30a-10p Mon - Thu 5:30a-9p - Fri 9a-5p - Sat, Sun</p>
5:00p-5:45p		Youth MMA Fundamentals		Youth MMA Fundamentals		
5:00p-6:00p	Strong Style MMA <small>(uniform required)</small>	Strong Style Conditioning		Strong Style Conditioning		
5:00p-5:45p			HIIT Combo Conditioning			
5:30p-6:30p	Adult Boxing	Adult Boxing	Adult Boxing	Adult Boxing		
5:30p-6:30p	Adult Gi BJJ					
5:00p-5:45p	Youth MMA Striking	Youth Conditioning	Youth MMA Drilling and Techniques	Youth Conditioning	Youth MMA Grappling	
5:45p-6:30p	Youth Conditioning	Youth MMA Grappling	Youth MMA Sparring	Youth MMA Striking	Youth Conditioning	
6:00p-6:30p			Little Leaders Karate			
6:00p-7:00p	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Adult MMA Muay Thai/ Kickboxing	
6:00p-7:30p		Adult Gi BJJ				
6:30p-8:00p				Adult Gi BJJ		
7:00p-8:00p	Strong Style MMA <small>(uniform required)</small>	Adult No-Gi Grappling	Adult MMA Muay Thai/ Kickboxing	Strong Style MMA <small>(uniform required)</small>		
8:00p-9:00p	Fighter Development Practice					

\* Adult classes - in blue

Youth classes (6-12yrs old)-in green

Little Leaders (3-5yrs old)-in yellow

# Strong Style Class Descriptions

**Strong Style Conditioning** - A workout geared towards getting you in excellent shape. A constantly varied, functional training program. We use equipment such as kettlebells, battle ropes, tires, TRX suspension trainers, sleds, and plenty of bodyweight movements as well.

## **Boxing/Striking Program**

### **Classes included**

- Boxing - A class primarily focused on 80% technical boxing skills and 20% cardio. You will learn offensive and defensive movements and techniques.
- MMA Boxing - The sport of MMA relies on different instincts vs. traditional boxing. A great technical class for the MMA Athlete.
- Striking - A mix of boxing and Muay Thai kickboxing.
- Muay Thai Kickboxing – An “eight-point” fighting system that allows fighters to use fists, feet, knees and elbows to strike. The most devastating form of striking used in Mixed Martial Arts.

\*If interested in Boxing competitively, contact Coach Alex Cooper – [alex.cooper3@gmail.com](mailto:alex.cooper3@gmail.com)

## **BJJ/Grappling Program**

### **Classes included**

- Gi BJJ - Although it contains stand-up movements, it is most famous for its devastating ground-fighting techniques. An art that relies on controlling opponents using body leverage to gain advantages through throws, takedowns, submissions, etc. (Gi uniform required – can be purchased at the front desk)
- Grappling - A class that consists of a mix of BJJ, Judo, Wrestling, Shootfighting and other similar martial arts.
- No-Gi Grappling - Many of the techniques learned in Gi BJJ and Grappling, but no uniform. There are different advantages for each discipline.

## **Strong Style MMA**

### **Classes included**

- All ‘Strong Style MMA’ classes
- This program is focused on training the individual on all the major forms of Mixed Martial Arts that we offer at Strong Style. It consists of multiple levels where you’ll be tested to earn a new rank.

**One-on-One Training** - We offer personal training for all ages - whether you have specific fitness goals, or want to improve in Mixed Martial Arts. It is a great way to create accountability for yourself and to ensure proper form on all major and minor movements. Our schedule is your schedule. Each member can schedule one FREE personal training session to see if it fits your needs. We have online training available as well. Schedule with the front desk staff!

**Little Leaders (3-5 years old)** - This is an introduction to Martial Arts and organized physical activities. We use Martial Arts as a tool to help kids learn how to follow directions, get along with others, build confidence and respect. We will prepare them for the next level of training here at Strong Style.

## **Youth Mixed Martial Arts Program (6-12 years old) -**

Our Youth MMA program is based on the major forms of Martial Arts. Students will learn Boxing, Brazilian Jiu-Jitsu, Wrestling, Muay Thai Kickboxing, Judo and other major forms of Martial Arts. A truly unique program that combines effective techniques, practical self-defense, functional conditioning and discipline.