

Adult Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a-10:00a	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning (Advanced)
10:00a-11:00a						Boxing
11:00a-12:00p		 Home of the Champ Stipe Miocic				Boxing Sparring
11:00a-12:30p						Gi BJJ
11:00a-12:00p						MMA Wrestling
11:00a-12:00p						Strong Style Conditioning
12:00p-1:00p	Strong Style Conditioning	Strong Style MMA	Strong Style Conditioning	Strong Style MMA	Strong Style Conditioning	
12:30p -1:30p						No-Gi Grappling
5:00p-6:00p	Strong Style MMA	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning		Sunday Open Mats 10a-1p Hours of operation: 5:30a-10p Mon - Thu 5:30a-9p - Fri 9a-5p - Sat, Sun Phone: 216-520-0271 Email: info@strongstyle.com Website: strongstyle.com 
5:30-6:30p	Boxing	Boxing	Boxing	Boxing		
5:30-6:30p	Gi BJJ					
6:00p-6:45p		*Boxing Fundamentals		*Boxing Fundamentals		
6:00p-7:00p	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Strong Style Conditioning	Muay Thai/ Kickboxing	
6:00p-7:30p		Gi BJJ				
6:30p-8:00p				Gi BJJ		
7:00p-8:00p	Strong Style MMA	No-Gi Grappling	Muay Thai/ Kickboxing	Strong Style MMA		
7:00p-9:00p		Boxing Sparring	Advanced No-Gi Grappling (Blue Belt +)	Boxing Sparring		
7:00p-9:00p	Fighter Development Practice					
8:00p-9:00p			Strong Style Elite Conditioning			

Make sure to follow us on social media:

Instagram: @strongstyle_mma

Facebook: Strong Style Training Center

Twitter: @strongstylemma

*Boxing Fundamentals is the perfect class for beginners. We recommend taking this class before starting the regular class schedule. (This is the only class by appointment only).

***Strong Style* Class Descriptions**

Beginners of Boxing & MMA

We hold a **Boxing Fundamentals** class on Tuesdays and Thursdays at 6p each week. This is the only class by appointment only. You will learn the proper stance, how to wrap your hands and basic strikes. We recommend taking 1-2 classes before starting the regular program.

Strong Style Conditioning

Beginners to elite athletes welcomed. 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. We recommend taking 3-4 classes per week.

- Strong Style Conditioning (**advanced**) – This class is not recommended for beginners. We suggest 4-6 weeks in the regular program before participating in this class.
- Elite Conditioning – This class is the most advanced class on our schedule. Our top athletes, fighters and members will be put to the test. If you cannot physically complete all tasks, you cannot participate. We will be using Westside Barbell principles, The Yee system and other advanced training methods.

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. Whether you want to compete or just learn the fine art of boxing, this is the class for you.
- 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 and professional organizations such as the UFC and Bellator.
- Boxing Sparring – Must have a minimum of 30 days in our program and can only participate at Coaches discretion.

*If interested in Boxing competitively, contact Coach Alex Cooper – alex.cooper3@gmail.com

BJJ/Grapppling 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

A class will you will learn different MMA combinations to make you balanced in boxing, kickboxing, wrestling and other forms or martial arts. A perfect class if you want to learn all the major forms of MMA in one class.

Our Competition Teams

- **Fighter Development** – For those aspiring to be competitive mixed martial artists
- **MMA Fight Team** – Our amateur and pro mixed martial arts team
- **Boxing Team** – Our amateur and pro boxing team
- **BJJ Team** – Gi and No-Gi competitions. You can compete at any level.
- **Powerlifting Team** – For strength and lifting events. By invitation only.
- **Runner's Group** – From 5k's to the Warrior Dash. Any age and level. (starting spring 2018)

Interested in competing on any of our teams? Contact Mike Cly at: 440-596-2756 Email: mike.strongstyle@gmail.com