

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
10:00a-11:00a						Strong Style MMA
11:00a-12:00p						Boxing Sparring
11:00a-12:30p						
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		<p>Hours of operation:</p> <p>5:30a-10p Mon - Thu 5:30a-9p - Fri 9a-5p - Sat, Sun</p> <p>Phone: 216-520-0271</p> <p>Email: info@strongstyle.com</p> <p>Website: strongstyle.com</p>
5:30-6:30p	Boxing	Boxing	Boxing	Boxing		
5:30-6:30p	No-Gi Grappling (Intermediate to Advanced)					
6:00p-7:00p				Women's Boxing & Kickboxing		
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-7:00p		*Boxing Fundamentals		*Boxing Fundamentals		
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	No-Gi Grappling (Advanced)	Boxing Sparring		
7:00p-9:00p	MMA Fighter Development Practice					

*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).

Beginners of Boxing & MMA

We hold a Boxing Fundamentals class on Tuesdays and Thursdays at 6:30p 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.

Boxing/Striking Program

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

Women's Boxing & Kickboxing

In this class, you will get to learn basic to advanced boxing and kickboxing movements. This is a class for ALL AGES and LEVELS for adults. You do not need to have any experience prior to taking your first class; however we always recommend taking the Boxing Fundamentals class first. No equipment required for your first class.

BJJ/Grapppling Program

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)

No-Gi Grapppling - A class that consists of a mix of BJJ, Judo, Wrestling, Shootfighting and other similar martial arts.

Strong Style MMA

A class will you will learn different MMA combinations to make you balanced in boxing, kickboxing, wrestling, Brazilian jiu-jitsu and other forms or martial arts. There is also a mix of functional fitness movements to get you in peak physical shape. A perfect class if you want to learn all the major forms of MMA in one class. This is one of the very few MMA ranking systems in the entire U.S. This program consists of 3 levels and other ways of advancing.

Strong Style Conditioning

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, barbells, 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 at least 3 months in the regular program prior to taking this class. There is no modifying movements in this specific class. You must be experienced in various Kettlebell & Barbell techniques, have excellent conditioning and have the ability to do intense plyometric movements as well.

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.

Make sure to follow us on social media:



Instagram: @strongstyle_mma

Facebook: Strong Style Training Center

Twitter: @strongstylemma