

Strong Style - Adult Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9a-10a	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
9:30a-10:30a			Strong Style MMA			
10a-11a						Strong Style MMA
10a-11a						Old School Boxing
11a-12p						
11a-12p						Wrestling
11a-12:30p	MMA & Training Center					Gi Brazilian Jiu-Jitsu
12p-1p	Conditioning	Strong Style MMA	Conditioning	Strong Style MMA	Conditioning	
12:30p-1:30p						No-Gi Grappling
5p-6p	Strong Style MMA	Conditioning	Conditioning	Conditioning		<u>Hours of Operation:</u> Monday 5:30a-10p Tuesday 5:30a-10p Wednesday 5:30a-10p Thursday 5:30a-10p Friday 5:30a-9p Saturday 9a-5p Sunday 9a-5p
5:30p-6:30p	Old School Boxing	Old School Boxing	Old School Boxing	Old School Boxing		
5:30p-6:30p	No-Gi Grappling					
6p-7p	Conditioning	Conditioning	Conditioning	Conditioning	Muay Thai	
6p-7:30p		Gi Brazilian Jiu-Jitsu		Gi Brazilian Jiu-Jitsu		
6p-7p			Strong Style MMA Striking	Women's Boxing & Kickboxing		Thursday 5:30a-10p
7p-7:30p			Strong Style MMA Light Sparring			Friday 5:30a-9p
7p-8p				MMA Fundamentals		Saturday 9a-5p
7p-8p	Strong Style MMA	Strong Style MMA Grappling	Muay Thai	Strong Style MMA		Sunday 9a-5p
7p-9p		Boxing Sparring		Boxing & MMA Sparring		

*Boxing Fundamentals class for beginners is scheduled by appointment only

Strong Style MMA - Belt System



This is a 5-level belt system in Mixed Martial Arts for ALL experience levels. We have trained multiple world champion athletes on all levels of combat sports from the concepts and training methods in this program. This is a great system to learn all aspects of martial arts such as Boxing, Muay Thai, Jiu-Jitsu, Wrestling, Shootfighting and other effective forms of combat sports and self-defense. You will start at the white belt level and progress through the ranks for the goal of gaining your black belt.



If you have no experience, the coaches will help you learn the fundamentals in MMA. You can start at any class, at any level of experience. Each week you will learn a new MMA combination and go through various conditioning workouts to help get you in peak physical shape. All classes on this schedule labeled in Black and Gold are part of the Strong Style MMA Belt System. Taking other classes on our schedule is encouraged and will provide plenty of additional skills that can be used in this system.

The equipment and uniform required for this program:

- White Belt Uniform (t-shirt) + white belt
- MMA or Boxing Gloves + hand wraps
- Shin Guards



Boxing/Striking Program

Boxing - A class primarily focused on technical boxing skills and cardio conditioning. 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 the UFC.

Boxing Sparring - Students and athletes can only participate at Coaches discretion.



Brazilian Jiu-Jitsu/Grapppling Program



Gi Brazilian Jiu-Jitsu - 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 Grappling - A class that consists of a mix of BJJ, Judo, Wrestling, Shootfighting and other similar martial arts.



Strong Style Conditioning



Beginners to elite athletes welcomed. A workout geared towards getting you in peak physical shape. A constantly varied, functional training program. We focus on many key core movements and bodyweight exercises. We also use equipment such as:

- Kettlebells
- Barbells
- Battle ropes
- Sleds & Tires
- TRX suspension trainers



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. Boxing Gloves and shin guards required for class. Equipment rental available at the front desk.