

Martial Arts & Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am						Conditioning Fitness, Muay Thai, Kick Boxing, MMA only
10am Summer only	Kids MMA Summer only	Kids MMA Summer only	Kids MMA Summer only	Kids MMA Summer only		Wrestling BJJ and MMA Only
11am		Adult MMA		Adult MMA		Open Mat BJJ and MMA Only
330pm After School only	Kids MMA After School only	Kids MMA After School only	Kids MMA After School only	Kids MMA After School only		1-4pm Seminars
430pm After School Only	Kids MMA After School only	Kids MMA After School only	Kids MMA After School only	Kids MMA After School only		
530pm	Cub Club	BJJ	Cub Club	BJJ		
6pm	Kids MMA		Kids MMA			
630pm					Sparring	
7pm	Family Karate	Combat Conditioning Fitness, Muay Thai, Kick Boxing, MMA only	Family Karate	Combat Conditioning Fitness, Muay Thai, Kick Boxing, MMA only		
730pm					Wrestling Fitness, Muay Thai, Kick Boxing, MMA only	
8pm	BJJ	No Gi Grappling	BJJ	No Gi Grappling		

We are a Black Belt School

Website: <http://www.lakelandmartialarts.com>

E mail: Hurleybjj@yahoo.com