



LIONS MMA SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muay Thai All Levels 6:30am - 7:30am	No Gi All Levels 6:30am - 7:30am	Muay Thai All Levels 6:30am - 7:30am	No Gi All Levels 6:30am - 7:30am	Muay Thai All Levels 6:30am - 7:30am		
Women's Only Muay Thai 9:00am - 10:00am	Muay Thai All Levels 9:00am - 10:00am	Women's Only Muay Thai 9:00am - 10:00am	Muay Thai All Levels 9:00am - 10:00am	Women's Only Muay Thai 9:00am - 10:00am	Muay Thai All Levels 9:00am - 10:00am	Little Lions Martial Arts 4-7 Years Old 10:00am - 11:00am
Dutch Kickboxing Drills + Sparring Int - Advanced 11:00am - 12:00pm	Boxing Beginners 11:00am - 12:00pm	Dutch Kickboxing Drills + Sparring Int - Advanced 11:00am - 12:00pm	Boxing Beginners 11:00am - 12:00pm	Dutch Kickboxing Drills + Sparring Int - Advanced 11:00am - 12:00pm	Women's Only Muay Thai 10:00am - 11:00am	Teens Striking 12+ Years Old 10:00am - 11:00am
	Boxing Int - Advanced 11:00am - 12:00pm		Boxing Int - Advanced 11:00am - 12:00pm		Boxing All Levels 11:15am - 12:15pm	Boxing All Levels 11:15am - 12:15pm
Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:30pm - 1:30pm	Muay Thai Beginners 12:30pm - 1:30pm
Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:30pm - 1:30pm	Muay Thai Int - Advanced 12:30pm - 1:30pm
					Dutch Kickboxing Drills + Sparring All Levels 1:45pm - 3:00pm	
Little Lions Pankration 8-12 Years Old 4:00pm - 5:00pm	Little Lions Martial Arts 4-7 Years Old 4:00pm - 4:50pm	Little Lions Pankration 8-12 Years Old 4:00pm - 5:00pm	Little Lions Martial Arts 4-7 Years Old 4:00pm - 4:50pm	Little Lions Pankration 8-12 Years Old 4:00pm - 5:00pm		
Teens Striking 12+ Years Old 4:00pm - 5:00pm	Teens Striking 12+ Years Old 4:00pm - 5:00pm		Teens Striking 12+ Years Old 4:00pm - 5:00pm	Teens Striking 12+ Years Old 4:00pm - 5:00pm		
Boxing Beginners 5:15pm - 6:15pm	Muay Thai Beginners 5:15pm - 6:15pm	Boxing Beginners 5:15pm - 6:15pm	Muay Thai Beginners 5:15pm - 6:15pm	Women's Only Muay Thai 5:15pm - 6:15pm		
Boxing Int - Advanced 5:15pm - 6:15pm	Muay Thai Int - Advanced 5:15pm - 6:15pm	Boxing Int - Advanced 5:15pm - 6:15pm	Muay Thai Int - Advanced 5:15pm - 6:15pm			
Muay Thai Beginners 6:25pm - 7:25pm	Muay Thai Beginners 6:25pm - 7:25pm	Muay Thai Beginners 6:25pm - 7:25pm	Muay Thai Beginners 6:25pm - 7:25pm	Muay Thai Beginners 6:25pm - 7:25pm		
Muay Thai Int - Advanced 6:25pm - 7:25pm	Dutch Kickboxing Drills + Sparring Int - Advanced 6:25pm - 7:25pm	Muay Thai Int - Advanced 6:25pm - 7:25pm	Dutch Kickboxing Drills + Sparring Int - Advanced 6:25pm - 7:25pm	Muay Thai Int - Advanced 6:25pm - 7:25pm		
Muay Thai Beginners 7:35pm - 8:35pm	No Gi Beginner / White Belt 7:35pm - 8:35pm	Muay Thai Beginners 7:35pm - 8:35pm	No Gi Beginner / White Belt 7:35pm - 8:35pm	Muay Thai Drills + Sparring Beginners 7:35pm - 8:35pm		
Muay Thai Drills + Sparring Beginners 7:35pm - 8:35pm	No Gi Int - Advanced 7:35pm - 9:00pm	Muay Thai Drills + Sparring Beginners 7:35pm - 8:35pm	No Gi Int - Advanced 7:35pm - 9:00pm			
Dutch Kickboxing Drills + Sparring Int - Advanced 7:35pm - 9:00pm		MMA Int - Advanced 7:35pm - 9:00pm		Dutch Kickboxing Drills + Sparring Int - Advanced 7:35pm - 9:00pm		
TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING		

BEGINNER / WHITE BELT 2 STRIPES AND BELOW
 INT-ADV 3 STRIPES AND ABOVE