

SIEGE MMA

MIXED MARTIAL ARTS & FITNESS

BJJ/No Gi Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM						
8:00 AM						
9:00 AM						
10:00 AM	BJJ-Gi* (10am -11am)	BJJ-Gi* (10am -11am)	BJJ-Gi* (10am -11am)	BJJ-Gi* (10am -11am)	BJJ-Gi* (10am -11am)	BJJ-Gi & Open Mat (11am -12am)
11:00 AM						
12:00 AM	Closed		Closed		Closed	
1:00 PM						
2:00 PM	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	BJJ Instructors: Ricardo Chip K. Andrew Brittin Sonny Matt Rich Gabe K. MMA Instructors: Paulson Steve Eldridge Shannon Sonny Jeromy No Gi/Wrestling Instructors: Paulson Steve Eldridge Sonny Shannon Jeromy Muay Thai Inst: Sonny Jeramaya Paulson Shannon Jeromy Boxing: Mario Paulson Jeramaya
3:00 PM						
4:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
5:00 PM					Open Mats	
6:00 PM	BJJ 6-7	BJJ 6-7	BJJ 6-7	BJJ 6-7	Open Mats & MMA Sparring	
-		Adv BJJ 7-8		Adv BJJ 7-8		
-		Submission Wrestling No Gi (6:30-7:30)		Submission Wrestling No Gi (6:30-7:30)	Team Training Invite Only	
7:00 PM						
8:00 PM						
9:00 PM	TEAM Training Invite Only (8-9pm)		TEAM Training Invite Only (8-9pm)			

Instructors:

Ricardo
Chip K.
Paulson
Andrew B.

*Schedules/Times & Instructors subject to changes due to special guests or events

**Instructor subject to change

SIEGE MMA

MIXED MARTIAL ARTS & FITNESS

Muay Thai/Striking & MMA Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM						
8:00 AM						
9:00 AM						
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10:00 AM	MMA Team & No Gi Open Mat	MMA Team & No Gi Open Mat	MMA Team & No Gi Open Mat	MMA Team & No Gi Open Mat	MMA Team & No Gi Open Mat	
11:00 AM						
12:00 AM						
1:00 PM	Closed	Closed	Closed	Closed	Closed	
2:00 PM	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	<u>BJJ Instructors:</u> Ricardo Chip K. Andrew Brittin Sonny Matt Rich Gabe K. <u>MMA Instructors:</u> Paulson Steve Eldridge Shannon Sonny Jeromy <u>No Gi/Wrestling Instructors:</u> Paulson Steve Eldridge Sonny Shannon Jeromy <u>Muay Thai Inst:</u> Sonny Jeramaya Paulson Shannon Jeromy <u>Boxing:</u> Mario Paulson Jeramaya
3:00 PM						
4:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
-						
5:00 PM	Cardio Boxing		Cardio Boxing		Open Mats	
-						
-						
6:00 PM					Open Mats & MMA Sparring	
-						
-						
7:00 PM	Beginner Muay Thai 6:30-7:30		Intro to MMA, Grappling & Standup 6:30-7:30		Team Training Invite Only	
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-						
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-						
-						
8:00 PM	Clinch MMA 7:30-8:30pm	MMA Transitions (7:30-8:30)	Ground/PoundMMA (7:30-8:30)	Muay Thai Striking (7:30-8:30)	Advanced Boxing (7:30-8:30)	
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-						
-						
9:00 PM	TEAM Training Invite Only (8-9pm)		TEAM Training Invite Only (8-9pm)			

Instructors:

Open
Mario
Jeramaya
Sonny
Paulson
Gabe A.

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**Instructor subject to change

SIEGE MMA

MIXED MARTIAL ARTS & FITNESS

Kid's Classes & Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM						
8:00 AM	Fight Fitness 7-7:45		Fight Fitness 7-7:45		Fight Fitness 7-7:45	
9:00 AM		Pilates 9-10**		Pilates 9-10**		Pilates 9-10**
10:00 AM						Woman's Cardio Kickboxing 10-11
11:00 AM						
12:00 AM						
1:00 PM	Closed		Closed		Closed	
2:00 PM	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	Team Training Invite Only (1:00-4:00pm)	BJJ Instructors: Ricardo Chip K. Andrew Brittin Sonny Matt Rich Gabe K. MMA Instructors: Paulson Steve Eldridge Shannon Sonny Jeromy No Gi/Wrestling Instructors: Paulson Steve Eldridge Sonny Shannon Jeromy Muay Thai Inst: Sonny Jeramaya Paulson Shannon Jeromy Boxing: Mario Paulson Jeramaya
3:00 PM						
4:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
5:00 PM	Kid's Muay Thai Both mats	Kid's BJJ Gi	Kid's BJJ Gi	Kid's BJJ Gi	Kid's Submission Wrestling No-Gi	
6:00 PM						
7:00 PM						
8:00 PM						
9:00 PM	TEAM Training Invite Only (8-9pm)		TEAM Training Invite Only (8-9pm)			

Instructors:

Open
Ricardo
Gabe K.
Jeromy West
Eldridge
Paulson

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**Instructor subject to change