

# CLASS SCHEDULE • BENTONVILLE • (479) 715-6625

MONDAY "A" Day	TUESDAY "A" Day	WEDNESDAY "B" Day	THURSDAY "B" Day	FRIDAY	SATURDAY
	<b>11:00am - 11:45</b> Kickboxing Fundamentals		<b>11:00am - 11:45</b> Kickboxing Fundamentals		<b>10:00 - 12:00</b> Competition Team
	<b>11:45am - 12:30</b> Grappling Fundamentals		<b>11:45am - 12:30</b> Grappling Fundamentals		
<b>4:30 - 5:15</b> White-Orange Ages 6-11	<b>5:30 - 6:15</b> White-Orange Ages 6-11	<b>4:00 - 4:45</b> BBT & Basic Ages 6-11	<b>5:00 - 5:45</b> Elite Training All Ages	<b>4:00 - 4:30</b> Sparring (BBT & Elite only)	
	<b>6:15 - 7:00</b> Green-Purple Ages 6-11		<b>6:00 - 6:45</b> BBT & Basic Ages 6-11		
<b>5:30 - 6:15</b> White-Orange Ages 12-15				<b>4:30 - 5:00</b> Grappling (BBT & Elite only)	
<b>6:15 - 7:00</b> Instructor Training		<b>5:30 - 6:15</b> BBT & Basic Ages 12-15			
<b>7:00 - 8:00</b> BJJ Beginners Gi Class	<b>7:00 - 7:45</b> Grappling Fundamentals	<b>6:15 - 7:00</b> BJJ Gi	<b>7:00 - 7:45</b> Kickboxing Fundamentals		
	<b>7:45 - 8:15</b> Progressive Grappling (BBT only)		<b>7:45 - 8:15</b> Sparring (BBT only)		
<b>8:00 - 9:00</b> BJJ Int/Adv Gi Class	<b>8:15 - 9:00</b> Kickboxing Fundamentals	<b>7:00 - 9:00</b> Competition Team	<b>8:15 - 9:00</b> Grappling Fundamentals	<b>Effective: Feb 1, 2010</b>	
	<b>9:00 - 9:30</b> Sparring (BBT only)		<b>9:00 - 9:30</b> Progressive Grappling (BBT only)		

visit us online at:

**www.InfernoMMA.com**

- Please bring all sparring gear and bag gloves to every class
- See Calendar of Events for special classes each month
- Students should arrive 5-10 minutes before class begins

MY CLASS SCHEDULE AT A GLANCE:

Basic

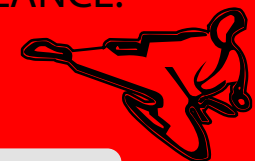
BBT

Elite

LD Elite

1100 SE 14th Street, Bentonville, AR 72712