

PARADIGM

COMBAT SPORTS TRAINING CENTER

BOXING

GLOVES AND WRAPS ARE REQUIRED FOR ALL CLASSES

MONDAY

6AM ALL LEVELS MIKE
NOON ALL LEVELS STAN

TUESDAY

6AM ALL LEVELS MIKE
NOON ALL LEVELS CAMERON
6:30 PM ALL LEVELS COACH MU
7:30 PM ADVACNED COACH MU

WEDNESDAY

6AM ALL LEVELS MIKE
NOON ALL LEVELS STAN

THURSDAY

6AM ALL LEVELS MIKE
NOON ALL LEVELS COACH MU
6:30 PM ALL LEVELS COACH MU
7:30 PM ADVACNED COACH MU

FRIDAY

6AM ALL LEVELS COACH MU
NOON SPARRING STAN
6:30 PM ALL LEVELS COACH MU

SATURDAY

NOON ALL LEVELS COACH MU

SUNDAY

NOON ALL LEVELS STAN
 ALL AGES

REQUIRED FOR SPARRING:

- 16 OUNCE BOXING GLOVES
- HEAD GEAR
- MOUTH GUAARD
- HAND WRAPS



MUAY THAI – KICKBOXING

GLOVES AND WRAPS ARE REQUIRED FOR ALL CLASSES

MONDAY

1:00 PM ALL LEVELS PAUL*
6:30 PM ALL LEVELS COACH G
7:30 PM ADVACNED COACH G

TUESDAY

1:00 PM ALL LEVELS PAUL*

WEDNESDAY

1:00 PM ALL LEVELS PAUL*
6:30 PM ALL LEVELS COACH G
7:30 PM ADVANCED COACH G

THURSDAY

1:00 PM ALL LEVELS PAUL*

FRIDAY

1:00 PM ALL LEVELS PAUL*
6:30 PM SPARRING COACH G

SATURDAY

11AM ALL LEVELS COACH G

REQUIRED FOR SPARRING:

- 16 OUNCE BOXING GLOVES
- MOUTH GUAARD
- HAND WRAPS

SHIN GUARDS & MOUTH GAURDS REQUIRED FOR ALL MUAY THAI* AND ADVACNED CLASSES



MMA TEAM TRAINING

MMA GLOVES, SHIN GUARDS, AND MOUTH GAURDS REQUIRED

TUESDAY

11AM ALL LEVELS COLIN
7:30 PM ALL LEVELS COLIN

THURSDAY

7:30 PM ALL LEVELS COLIN
 SPARRING

FRIDAY

11AM ALL LEVELS COLIN

SATURDAY

11AM ALL LEVELS COLIN

PARADIGM

COMBAT SPORTS TRAINING CENTER

BRAZILIAN JIU JITSU

RENTAL GI'S AVAILABLE

MONDAY

11AM GI-FUNDAMENTALS MARCUS
NOON GI- ALL MARCUS
6:30 PM GI- ALL MARCUS
7:30 PM NOGI- ALL MARCUS

TUESDAY

6AM GI- ALL DOUGLAS
NOON NOGI- ALL PEDRO
7:30 PM GI- ALL CARLOS

WEDNESDAY

6AM GI- ALL MARCUS
11AM GI-FUNDAMENTALS MARCUS
NOON GI- ALL MARCUS
6:30 PM GI- ALL MARCUS
7:30 PM NOGI- ALL MARCUS

THURSDAY

6AM GI- ALL DOUGLAS
NOON NOGI- ALL PEDRO
7:30 PM GI- ALL GIO

FRIDAY

6AM GI- ALL MARCUS
NOON GI- ALL MARCUS
6:30 GI- ALL MARCUS

SATURDAY

10AM NOGI- COMPETITION PEDRO
 ALL LEVELS

WRESTLING

WRESTLING SHOES REQUIRED

TUESDAY

6:00 PM ALL LEVELS RUBEN

THURSDAY

6:00 PM ALL LEVELS RUBEN

SUNDAY

NOON ALL LEVELS MARQUIS
 ALL AGES



PERSONAL TRAINING

SMALL GROUP PERSONAL TRAINING

MONDAY

6AM FIGHT FIT BRELYNN
10AM FIGHT READY BRELYNN
5:30 PM FIGHT READY BRELYNN

TUESDAY

6AM FIGHT FIT BRELYNN
10AM FIGHT READY BRELYNN
5:30 PM FIGHT READY BRELYNN

WEDNESDAY

6AM FIGHT FIT BRELYNN
5:30 PM FIGHT READY BRELYNN

THURSDAY

6AM FIGHT FIT BRELYNN
10AM FIGHT READY BRELYNN
5:30 PM FIGHT READY BRELYNN

FRIDAY

6AM FIGHT FIT BRELYNN
10AM FIGHT READY BRELYNN

SATURDAY

10AM FIGHT FIT BRELYNN