

PARADIGM

COMBAT SPORTS TRAINING CENTER

BOXING

GLOVES AND WRAPS ARE REQUIRED FOR ALL CLASSES

MONDAY

6AM ALL LEVELS MIKE
NOON ALL LEVELS STAN

TUESDAY

6:30 PM ALL LEVEL COACH MU
7:30 PM ADVANCED COACH MU

WEDNESDAY

6AM ALL LEVELS MIKE
NOON ALL LEVELS STAN

THURSDAY

6:30 PM ALL LEVELS COACH MU
7:30 PM ADVANCED 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 GUARD
- HAND WRAPS



MUAY THAI – KICKBOXING

GLOVES AND WRAPS ARE REQUIRED FOR ALL CLASSES

MONDAY

6:30 PM ALL LEVELS COACH G
7:30 PM ADVANCED COACH G

TUESDAY

1:00 PM ALL LEVELS PAUL*

WEDNESDAY

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 GUARD
- HAND WRAPS

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



MMA TEAM TRAINING

MMA GLOVES, SHIN GUARDS, AND MOUTH GUARDS REQUIRED

TUESDAY

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

THURSDAY

7:30 PM ALL LEVELS COLIN
 SPARRING

SATURDAY

11AM ALL LEVELS COLIN

PARADIGM

COMBAT SPORTS TRAINING CENTER

BRAZILIAN JIU JITSU

RENTAL GI'S AVAILABLE

MONDAY

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

NOON GI- ALL MARCUS
 6:30 PM 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
 5:30 PM FIGHT FIT BRELYNN

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

6AM FIGHT FIT BRELYNN

SATURDAY

10AM FIGHT FIT BRELYNN