

# PARADIGM

## COMBAT SPORTS TRAINING CENTER

### BOXING

GLOVES AND WRAPS ARE REQUIRED FOR ALL CLASSES

#### MONDAY

**6AM** ALL LEVELS MIKE  
**NOON** ALL LEVELS MIKE  
**6:30 PM** ALL LEVELS COACH MU

#### TUESDAY

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

#### WEDNESDAY

**6AM** ALL LEVELS MIKE  
**NOON** ALL LEVELS MIKE  
**6:30 PM** ALL LEVELS COACH MU

#### THURSDAY

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

#### FRIDAY

**6AM** ALL LEVELS COACH MU  
**NOON** SPARRING MIKE  
**6:30 PM** ALL LEVELS COACH MU

#### SATURDAY

**NOON** CARDIO BOXING COACH MU

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

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

- HEAD GEAR
- MOUTH GUARD
- HAND WRAPS
- SHIN GUARDS



### MMA TEAM TRAINING

MMA MEMBERSHIPS INCLUDE: NOGI – WRESTLING – KICKBOXING – MUAY THAI

#### TUESDAY

**7:30 PM** SPARRING COLIN

#### THURSDAY

**7:30 PM** SPARRING COLIN

#### SATURDAY

**NOON** SPARRING COLIN

REQUIRED FOR CLASS

- SHIN GUARDS
- PUFF MMA GLOVES – 8 OZ
- MOUTH GUARD



# PARADIGM

## COMBAT SPORTS TRAINING CENTER

### BRAZILIAN JIU JITSU



RENTAL GI'S AVAILABLE

#### MONDAY

<b>11AM</b>	GI- FUNDAMENTALS	MARCUS
<b>NOON</b>	GI- COMP TRAIN	MARCUS
<b>6:00 PM</b>	GI- ALL	MARCUS
<b>7:30 PM</b>	NOGI- ALL	MARCUS

#### TUESDAY

<b>6AM</b>	GI- ALL	PEDRO
<b>NOON</b>	NOGI- ALL	PEDRO
<b>6:00 PM</b>	NOGI- ALL	PEDRO
<b>7:30 PM</b>	GI- COMP TRAIN	PEDRO

#### WEDNESDAY

<b>6AM</b>	GI- ALL	MARCUS
<b>11AM</b>	GI- FUNDAMENTALS	MARCUS
<b>NOON</b>	GI- COMP TRAIN	MARCUS
<b>6:00 PM</b>	GI- ALL	MARCUS
<b>7:30 PM</b>	NOGI- ALL	MARCUS

#### THURSDAY

<b>6AM</b>	GI- ALL	PEDRO
<b>NOON</b>	NOGI- ALL	PEDRO
<b>6:00 PM</b>	NOGI- ALL	PEDRO
<b>7:30 PM</b>	GI- COMP TRAIN	PEDRO

#### FRIDAY

<b>6AM</b>	GI- ALL	MARCUS
<b>NOON</b>	GI- COMP TRAIN	MARCUS
<b>6:00 PM</b>	GI- ALL	MARCUS

#### SATURDAY

<b>10AM</b>	NOGI- COMP TRAIN	PEDRO
<b>NOON</b>	GI- COMP TRAIN	PEDRO



### WRESTLING

WRESTLING SHOES REQUIRED

#### MONDAY

<b>7:30 PM</b>	ALL LEVELS	RUBEN
----------------	------------	-------

#### TUESDAY

<b>6:00 PM</b>	ELITE TEAM	RUBEN
----------------	------------	-------

#### WEDNESDAY

<b>7:30 PM</b>	ALL LEVELS	J POPE
----------------	------------	--------

#### THURSDAY

<b>6:00 PM</b>	ELITE TEAM	RUBEN
----------------	------------	-------

#### SUNDAY

<b>NOON</b>	ALL LEVELS	MARQUIS
-------------	------------	---------

### STRENGTH AND CONDITIONING

TWO DYNAMIC FITNESS CONCEPTS

#### MONDAY

<b>6AM</b>	IGNITE	BRELYNN
<b>5:30 PM</b>	IGNITE	BRELYNN

#### TUESDAY

<b>10AM</b>	ELEVATE	BRELYNN
<b>5:30 PM</b>	ELEVATE	BRELYNN

#### WEDNESDAY

<b>6AM</b>	IGNITE	BRELYNN
<b>5:30 PM</b>	IGNITE	BRELYNN

#### THURSDAY

<b>10AM</b>	ELEVATE	BRELYNN
<b>5:30 PM</b>	ELEVATE	BRELYNN

#### FRIDAY

<b>6AM</b>	IGNITE	BRELYNN
------------	--------	---------

#### SATURDAY

<b>9:15AM</b>	YOGA	BOBBY
<b>10AM</b>	IGNITE	BRELYNN



LOVELAND  
YOGA

OPEN TO ALL MEMBERS!