

PARADIGM

COMBAT SPORTS **YOUTH** CENTER

TOTS

AGES 4 – 6

WRESTLING SHOES, BOXING GLOVES, & GI REQUIRED FOR CLASSES

MONDAY

4:15 PM BJJ MIKE
 5:00 PM BOXING CAMERON & STAN
 6:30 PM FIGHT FIT BRELYNN

TUESDAY

4:15 PM WRESTLING RUBEN
 5:00 PM BOXING CAMERON & STAN

WEDNESDAY

4:15 PM BJJ MIKE
 5:00 PM BOXING CAMERON & STAN
 6:30 PM FIGHT FIT BRELYNN

THURSDAY

4:15 PM WRESTLING RUBEN
 5:00 PM BOXING CAMERON & STAN

FRIDAY

4:15 PM BJJ MIKE
 5:00 PM BOXING CAMERON & STAN



BRAZILIAN JIU JITSU

KIDS & TEENS

MONDAY

5:00 PM GI AGES 7-12 MARCUS

TUESDAY

5:00 PM NOGI AGES 7-12 PEDRO

WEDNESDAY

5:00 PM GI AGES 7-12 MARCUS

THURSDAY

5:00 PM NOGI AGES 7-12 PEDRO

FRIDAY

5:00 PM GI AGES 7-12 MARCUS



WRESTLING



WRESTLING SHOES REQUIRED

MONDAY

5:00 PM AGES 7-12 RUBEN

TUESDAY

5:00 PM AGES 7-12 RUBEN

WEDNESDAY

5:00 PM AGES 7-12 RUBEN

THURSDAY

5:00 PM AGES 7-12 RUBEN

FRIDAY

5:00 PM AGES 7-12 RUBEN

SUNDAY

NOON ALL LEVELS MARQUIS

BOXING

16 OUNCE GLOVES & HANDWRAPS REQUIRED. BOXING SHOES RECOMMENDED.

MONDAY

5:30 PM AGES 7-16 STAN

TUESDAY

5:30 PM AGES 7-16 STAN

WEDNESDAY

5:30 PM AGES 7-16 STAN

THURSDAY

5:30 PM AGES 7-16 STAN

FRIDAY

5:30 PM AGES 7-16 STAN



FIGHT FIT

FIGHT FIT AND MMA IS COMPLEMENTARY TO ALL YOUTH MEMBERS!

MMA

MONDAY

6:30 PM AGES 7-13 BRELYNN

WEDNESDAY

6:30 PM AGES 7-13 BRELYNN

SATURDAY

1:00 PM AGES 7-13 MAX