

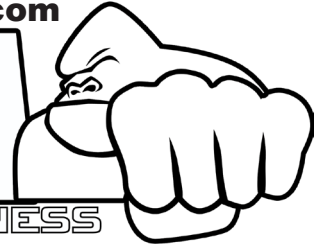
# NORTH BUFFALO FITNESS

info@wnymma.com | 716-898-8924 | www.wnymma.com

WANT A CUSTOM  
TRAINING SCHEDULE?  
TALK TO KATE OR JEREMY  
AND THEY CAN HELP YOU!

# WNYMMA

MIXED MARTIAL ARTS & FITNESS



## MONDAY

**Women's MMA Conditioning**  
6AM-6:45AM

**Bootcamp**  
5PM-5:45PM

**Bootcamp**  
5:45-6:30PM

**MMA Striking**  
6:30-7:15PM

## TUESDAY

**Women's MMA Conditioning**  
6AM-6:45AM

**Bootcamp**  
5PM-5:45PM

**Ab Blast**  
5:45-6:15PM

**TRX**  
6:15-7PM

## WEDNESDAY

**Women's MMA Conditioning**  
6AM-6:45AM

**Bootcamp**  
5PM-5:45PM

**Bootcamp**  
5:45-6:30PM

**Zumba Speciality**  
6:30-7:15PM

**Yoga**  
7:15-8PM

## THURSDAY

**Women's MMA Conditioning**  
6AM-6:45AM

**Bootcamp**  
5PM-5:45PM

**Ab Blast**  
5:45-6:15PM

**Cardio Kick**  
6:15-7PM

**Zumba**  
7PM-8PM

## FRIDAY

**Women's MMA Conditioning**  
6AM-6:45AM

**MMA Conditioning**  
5PM-5:45PM

**MMA Conditioning**  
5:45-6:30PM

## SATURDAY

**Bootcamp**  
9:30-10:30PM

## OPEN GYM

**Monday-Friday**  
12PM-9PM

**Saturday**  
9AM-2PM

**Sunday**  
10AM-2PM

