

NORTH BUFFALO SCHEDULE

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



STRIKING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KB/Boxing All Levels 12PM-1PM	KB/Boxing Level 1 6PM-7PM	Boxing All Levels 6PM-7PM	KB/Boxing All Levels 12PM-1PM	KB/Boxing Level 1 6PM-7PM	Boxing All Levels 12PM-1PM
Muay Thai Level 1 5:45-6:45	KB/Boxing Level 2 7PM-8PM	EQUIPMENT FOR STRIKING CLASSES PLEASE COME TO CLASS WITH HAND WRAPS AND YOUR OWN 16OZ GLOVES.	Muay Thai Level 2 5:45-6:45	KB/Boxing Level 2 7PM-8PM	WE ALSO RECOMMEND A MOUTH GUARD FOR ALL CLASSES.
Muay Thai Level 2 6:45-7:45	Fight Team Invite Only 8PM-8:30PM		Muay Thai Level 1 6:45-7:45	Fight Team Invite Only 8PM-8:30PM	

GRAPPLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Gi BJJ</i> All Levels 12PM-1PM	<i>Gi BJJ</i> All Levels 7AM-8AM	<i>Gi BJJ</i> All Levels 12PM-1PM	<i>Gi BJJ</i> All Levels 7AM-8AM	<i>Gi BJJ</i> All Levels 12PM-1PM	<i>Gi BJJ</i> Fundamentals 10:15-11AM
Fundamentals 5:30-6:15PM	All Levels 12PM-1PM	All Levels 6:15-7:15PM	All Levels 6PM-7PM	OPEN MAT All Levels 5:30-7:30PM	All Levels 11AM-12PM
All Levels 6:15-7:15PM	Competition Class All Levels 5:30-6:30PM		No-Gi All Levels Wrestling 6PM-7PM		No-Gi All Levels Wrestling 12:15-1:15PM
	No-Gi Fundamentals 5:45-6:30PM		All Levels BJJ 7:15-8:15PM		
	All Levels 6:30-7:30PM				

SHOE POLICY
YOU MUST WEAR INDOOR SHOES WHEN OFF THE MATS.

MMA

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
Fight Team Invitation Only 6PM-7:30PM	Fight Team Invitation Only 6:30-7:30PM	MMA Striking All Levels 6PM-7:15PM	Fight Team Invitation Only 8PM-8:30PM
Fundamentals All Levels 7:30-8:15PM			TEEN NIGHT 7PM-9PM DJ and pizza! Bring a friend FREE!

ARE YOU NEW TO MMA? BE SURE TO TAKE STRIKING AND GRAPPLING CLASSES TO HELP BUILD THE SKILLS YOU NEED FOR MMA FUNDAMENTALS

OPEN GYM

Monday-Friday	Saturday	Sunday
12PM-9PM	9AM-2PM	10AM-2PM

FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bootcamp 6AM-6:45AM	Bootcamp 6AM-6:45AM	Bootcamp 6AM-6:45AM	Bootcamp 6AM-6:45AM	Bootcamp 6AM-6:45AM	Bootcamp 9:30-10:30AM
Bootcamp 5PM-5:45PM	Bootcamp 5PM-5:45PM	Bootcamp 5PM-5:45PM	Bootcamp 5PM-5:45PM	Bootcamp 5PM-5:45PM	
Bootcamp 5:45-6:30PM	Ab Blast 5:45-6:15PM	Bootcamp 5:45-6:30PM	Ab Blast 5:45-6:15PM	Bootcamp 5:45-6:30	
MMA Striking 6:30-7:15PM	TRX 6:15-7PM	Zumba Specialty 6:30-7:15PM	Cardio Kick 6:15-7PM		
		Yoga 7:15-8PM	Zumba 7PM-8PM		

REFER A FRIEND
GET A BONUS!
