

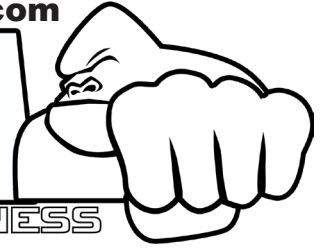
NORTH BUFFALO FITNESS

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

MMA Conditioning
6AM-6:45AM

FITcamp
5PM-5:45PM

FITcamp
5:45-6:30PM

TUESDAY

MMA Conditioning
6AM-6:45AM

FITcamp
5PM-5:45PM

TRX
5:45-6:30PM

WEDNESDAY

MMA Conditioning
6AM-6:45AM

FITcamp
5PM-5:45PM

FITcamp
5:45-6:30PM

Muay Thai Fitness
6:30-7:15PM

Yoga
7:15-8PM

THURSDAY

MMA Conditioning
6AM-6:45AM

MMA Conditioning
5PM-5:45PM

Ab Blast
5:45-6:15PM

**Kickboxing
Conditioning**
6:15-7PM

Zumba
7PM-8PM

FRIDAY

MMA Conditioning
6AM-6:45AM

MMA Conditioning
5PM-5:45PM

MMA Conditioning
5:45-6:30PM

SATURDAY

FITcamp
9:30-10:30PM

OPEN GYM

Monday-Friday
12PM-9PM

Saturday
9AM-2PM

Sunday
10AM-2PM

