

# 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
<b>KB/Boxing</b> All Levels 12PM-1PM  <b>Muay Thai</b> Level 1 6PM-7PM  <b>Boxing</b> Fundamentals 7PM-8PM	<b>Muay Thai</b> Level 1 6PM-7PM  <b>Muay Thai</b> Level 2 7PM-8PM  <b>Fight Team</b> Invite Only 8PM-8:30PM	<b>Boxing</b> All Levels 6PM-7PM  <i><b>EQUIPMENT FOR STRIKING CLASSES PLEASE COME TO CLASS WITH HAND WRAPS AND YOUR OWN 16OZ GLOVES.</b></i>	<b>KB/Boxing</b> All Levels 12PM-1PM  <b>Muay Thai</b> Level 2 6PM-7PM  <b>Muay Thai</b> Level 1 7PM-8PM	<b>Muay Thai</b> Level 1 6PM-7PM  <b>Muay Thai</b> Level 2 7PM-8PM  <b>Fight Team</b> Invite Only 8PM-8:30PM	<b>Boxing</b> All Levels 12PM-1PM  <i><b>WE ALSO RECOMMEND A MOUTH GUARD FOR ALL CLASSES.</b></i>

## GRAPPLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Gi BJJ</b> All Levels 12PM-1PM  <b>Fundamentals</b> 5:30-6:15PM  <b>All Levels</b> 6:15-7:15PM	<b>Gi BJJ</b> All Levels 7AM-8AM  <b>All Levels</b> 12PM-1PM  <b>Competition Class</b> All Levels 5:30-6:30PM  <b>No-Gi</b> Fundamentals 5:45-6:30PM  <b>All Levels</b> 6:30-7:30PM	<b>Gi BJJ</b> All Levels 12PM-1PM  <b>All Levels</b> 6:15-7:15PM  <i><b>WHAT'S A GI? THE GI IS THE BJJ UNIFORM. LEARN TO ATTACK &amp; DEFEND USING CLOTHING GRIPS.</b></i>	<b>Gi BJJ</b> All Levels 7AM-8AM  <b>All Levels</b> 12PM-1PM  <b>All Levels</b> 6PM-7PM  <b>No-Gi</b> All Levels Wrestling 6PM-7PM  <b>All Levels BJJ</b> 7:15-8:15PM	<b>Gi BJJ</b> All Levels 12PM-1PM  <b>OPEN MAT</b> All Levels 5:30-7:30PM	<b>Gi BJJ</b> Fundamentals 10:15-11AM  <b>All Levels</b> 11AM-12PM  <b>No-Gi</b> All Levels Wrestling 12:15-1:15PM  <i><b>SHOE POLICY YOU MUST WEAR INDOOR SHOES WHEN OFF THE MATS.</b></i>

## MMA

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<b>Fight Team</b> Invitation Only 6PM-7:30PM  <b>Fundamentals</b> All Levels 7:30-8:15PM	<b>Fight Team</b> Invitation Only 6:30-7:30PM	<b>MMA Striking</b> All Levels 6:15PM-7:15PM	<b>Fight Team</b> Invitation Only 8PM-8:30PM  <b>TEEN NIGHT</b> 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
<b>MMA Conditioning</b> 6AM-6:45AM  <b>FITcamp</b> 5PM-5:45PM  <b>FITcamp</b> 5:45-6:30PM  <b>MMA Striking</b> 6:30-7:15PM	<b>MMA Conditioning</b> 6AM-6:45AM  <b>FITcamp</b> 5PM-5:45PM  <b>TRX</b> 5:45-6:30PM	<b>MMA Conditioning</b> 6AM-6:45AM  <b>FITcamp</b> 5PM-5:45PM  <b>FITcamp</b> 5:45-6:30PM  <b>Muay Thai Fitness</b> 6:30-7:15PM  <b>Yoga</b> 7:15-8PM	<b>MMA Conditioning</b> 6AM-6:45AM  <b>MMA Conditioning</b> 5PM-5:45PM  <b>Ab Blast</b> 5:45-6:15PM  <b>Kickboxing Conditioning</b> 6:15-7PM  <b>Zumba</b> 7PM-8PM	<b>MMA Conditioning</b> 6AM-6:45AM  <b>MMA Conditioning</b> 5PM-5:45PM  <b>MMA Conditioning</b> 5:45-6:30	<b>FITcamp</b> 9:30-10:30AM

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**REFER A FRIEND GET A BONUS!**  
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