


Pride Gym Martial Arts Fall Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30am - Cardio 12pm - Cage Fit @ 3:30pm - Kids BJJ @ 4:30pm - Youth 5:30pm - MMA @ 7pm - Cardio Kick	12:10pm - Cage Fit 1pm - BJJ w/ Gi @ 4pm - Little Ninias 5pm - Kids Muay 6pm - Youth Muay 7pm - Cardio Kick	10:30am - Cardio 12pm - Cage Fit @ 3:30pm - Kids BJJ @ 4:30pm - Youth 5:30pm - MMA @ 7pm - Cardio Kick	12:10pm - Cage Fit 1pm - BJJ w/ Gi @ 4pm - Little Ninias 5pm - Kids Muay 6pm - Youth Muay 7pm - Cardio Kick	10:30am - Cardio 5pm - BJJ / MMA		
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