



MMA CLASS SCHEDULE

STARTING May 7th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		CROSSFIT		CROSSFIT		
10:00 AM	WESTSIDE STRENGTH TRAINING	WESTSIDE STRENGTH TRAINING	CROSSFIT	WESTSIDE STRENGTH TRAINING	WESTSIDE STRENGTH TRAINING	STRENGTH & CONDITIONING
			BJJ <i>Chris Cain</i>			JV Jiu-Jitsu
11:00 AM	CROSSFIT		OPEN MAT		CROSSFIT	FE MMA FIGHT TEAM TRAINING
12:00 PM	MUAY THAI <i>Walker</i>					MUAY THAI <i>Nissen/Tomar</i>
1:00 PM		BJJ <i>Marvin</i>		BJJ <i>Marvin</i>		
5:00 PM	STRENGTH & CONDITIONING	CROSSFIT	CROSSFIT	CROSSFIT		
6:00 PM	BOXING <i>Tomar</i>	MUAY THAI <i>Walker</i>	BOXING <i>Walker</i>	MMA <i>Tomar</i>		
	JV Jiu-Jitsu	JV Jiu-Jitsu	JV MMA & Conditioning	JV Jiu-Jitsu		
7:00 PM	BJJ <i>Marvin</i>	GI BJJ <i>Chris Cain</i>	BJJ <i>Marvin</i>	WRESTLING <i>J.R.</i>		
8:00 PM			FE MMA FIGHT TEAM TRAINING			

IMPORTANT NOTE:

***No Open Mat During Class**

HOURS OF OPERATION:

Mon-Thurs 10am-9pm

Fri & Sat 10am-1pm

Sunday CLOSED

201 East Cox Ferry Road · Conway, SC · 29526

www.fitnessedgemma.com

www.crossfitgrandstrand.com

843-349-4MMA

Class Descriptions

Boxing- A combat sport in which two people fight each other with their fists. Boxers are some of the most well-conditioned athletes in the world. You will use & develop core strength and cardiovascular & muscular endurance in this workout. It's a sure way to get lean and in shape.

Brazilian Jiu Jitsu (BJJ)- Brazil's national sport, also known as the gentle sport, uses throws and submissions to control your opponent without causing harm. This class is an overall great anaerobic as well as aerobic workout.

GI BJJ- GI is required for class participation.

CrossFit- A combination of total-body strength and conditioning exercises that promote broad and general overall physical fitness. This class is designed to improve cardiovascular endurance, stamina, strength, flexibility, power, speed, agility, and balance. CrossFit is intense circuit training that will push you to test your limits and to reach new goals in record time.

Fight Like A Girl- A Women's Only twist on MMA. Learn to strike & kick with explosive power and immobilize & submit opponents using a combination of moves from Muay Thai, kickboxing, Brazilian Jiu Jitsu, Self-Defense, and head-to-toe Strength & Conditioning.

JV Jiu-Jitsu- Ages 8-14. GI and White belt are required.

JV MMA & Conditioning- Ages 8-14. Gloves are required.

MMA - Whether you're looking to fight in the cage or for general self-defense training, this is the class for you. This workout consists of bag/pad work, flexibility and conditioning, followed by stand-up and ground fight training. We guarantee that you'll feel satisfied after completing this workout.

Muay Thai- Thailand's national sport is a style of kickboxing referred to as the "Art of Eight Limbs". This class focuses on cardio while engaging the core using strikes with elbows, knees, kicks, and punches.