



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|--|-------------------------------------|----------------------------------|------------------------------------|---|
| 9:00 AM | INTRO TO FE MMA <i>Derrick</i> | OPEN MAT | OPEN MAT | OPEN MAT | OPEN MAT | INTRO TO FEMMA <i>Derrick</i> |
| 10:00 AM | OPEN MAT | OPEN MAT | OPEN MAT | OPEN MAT | OPEN MAT | GI BJJ <i>Derrick</i> |
| 11:00 AM | OPEN MAT | GI BJJ <i>Derrick</i> | OPEN MAT | GI BJJ <i>Derrick</i> | OPEN MAT | MUAY THAI <i>Tomar</i> |
| 12:00 PM | MMA <i>Tomar</i> | OPEN MAT | OPEN MAT | OPEN MAT | OPEN MAT | |
| | CLOSED til 5 | CLOSED til 5 | CLOSED til 5 | CLOSED til 5 | CLOSED til 5 | CLOSED |
| 5:00 PM | JV MMA <i>Tomar</i> | JV BJJ <i>Steve</i> | JV MMA <i>Tomar</i> | JV BJJ <i>Steve</i> | NO-GI BJJ <i>Derrick</i> | |
| 6:00 PM | BOXING <i>Tomar</i> | MUAY THAI <i>Tomar</i> | BOXING <i>Tomar</i> | MUAY THAI <i>Tomar</i> | SPARRING | |
| | | INTRO TO FE MMA <i>Derrick</i> | | | | |
| 7:00 PM | BJJ <i>Derrick</i> | MMA <i>Tomar</i> | GI BJJ <i>Jay/Derrick</i> | MMA <i>Tomar</i> | | |

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**www.fitnessedgemma.com
www.crossfitgrandstrand.com
www.crossfitgrandstrand.com/foundations**

HOURS OF OPERATION:

**Mon-Thurs 9am-1pm & 5pm-9pm
Fri 9am-1pm & 5pm-7.30pm
Sat 9am-1pm
Sunday CLOSED**

IMPORTANT NOTE:

No Open Mat During Class

Class Descriptions

Intro to FE MMA- This class is intended for all new FE MMA members. It's an in depth introduction to each of the martial arts taught at the facility. This class has no more than 5 participants so that our head instructors can go over the basics of striking and grappling on a very personal level with you. Each new member may take two of these classes before advancing to the other classes.

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 required in all classes except for those specified NO-GI.

JV Brazilian Jiu-Jitsu- Ages 5-13. GI and White belt are required.

JV MMA & Conditioning- Ages 5-13. 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.