



Schedule

Monday		
Kids MMA	Waukegan	5:00-6:00pm
All ages Stand up	Kenosha	6:00-6:45pm
Adult Stand up	Waukegan	6:00-7:00pm
Adult Ground	Waukegan	7:00-8:00pm

Tuesday		
Kids Ground	Kenosha	5:30-6:15pm
Adult Ground	Kenosha	6:15-7:30pm

Wednesday		
Adults	Waukegan	9:00-11:00am
All ages Stand up	Kenosha	6:00-6:45pm
Kids MMA	Waukegan	5:00-6:00pm
Adult Stand up	Waukegan	6:00-7:00pm
Adult Ground	Waukegan	7:00-8:00pm

Thursday		
Kids Ground	Kenosha	5:30-6:15pm
Adult Ground	Kenosha	6:15-7:30pm

Friday		
Kids MMA	Waukegan	5:00-6:00pm
Adult Stand up	Kenosha	6:00-6:45pm
Adult Stand Up	Waukegan	6:00-7:00pm
Adult Ground	Waukegan	7:00-8:00pm

Saturday		
Open Mat coaching	Waukegan	10:30am-12:00pm