



MOAB FIGHTING CONCEPTS

CARDIO KICKBOXING

MON	TUES	WED	THURS	FRI	SAT
	9:30am		9:30am	9:30am	10:00am
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	
6:40pm	6:40pm	6:40pm	6:40pm		

KIDS CLASSES

MON	TUES	WED	THURS	FRI	SAT
5:30pm BRAZILIAN JIU JITSU		5:30pm BRAZILIAN JIU JITSU			

BRAZILIAN JIU JITSU

MON	TUES	WED	THURS	FRI	SAT
6:30pm GI		6:30pm GI			

BOXING

MON	TUES	WED	THURS	FRI	SAT
5:30pm		5:30pm			

KICKBOXING / MMA

MON	TUES	WED	THURS	FRI	SAT
	6:30pm		6:30pm		

Cardio classes will be taught by Christy Stout, Chris Wilson or Tim Stout
NO-GI Fundamental will be taught by Coach Mark Inge

Boxing Fundamental will be taught by Coach James
Wrestling will be taught by Coach Seth