

PRIDE LANDS MMA

	MON	TUE	WED	THU	FRI	SAT
11A	NO-GI JIU-JITSU	NO-GI JIU-JITSU	NO-GI JIU-JITSU	NO-GI JIU-JITSU	NO-GI JIU-JITSU	OPEN MAT
12:30P	MMA					
5P	WOMEN ONLY NO-GI	LITTLE LIONS NO-GI	LITTLE LIONS STRIKING	LITTLE LIONS NO-GI		
6:15P	NO-GI JIU-JITSU	BOXING	NO-GI JIU-JITSU		NO-GI JIU-JITSU	
6:30P				KICKBOXING		
7:30P		NO-GI JIU-JITSU				