



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 KICKBOXING	5:30pm GRAPPLING	5:30pm KICKBOXING	5:30pm GRAPPLING		

BRAZILIAN JIU JITSU

MON	TUES	WED	THURS	FRI	SAT
	6:30pm – 8pm NO-GI		6:30pm – 8pm NO-GI		10:00am BJJ OPEN MAT

BOXING

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

KICKBOXING

MON	TUES	WED	THURS	FRI	SAT
6:30pm – 8pm		6:30pm – 8pm			

MMA TEAM TRAINING

MON	TUES	WED	THURS	FRI	SAT
	10:30am		10:30am		
8pm	8pm	8pm	8pm		

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