

# Rebel X MMA Class Schedule

## *Gracie Combatives*

<b>Adult</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A.M</b>		11:00		11:00		
<b>P.M</b>	6:00	6:00	6:00		6:00	Noon

## *Master Cycle*

<b>Adult</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M		Noon		Noon		
P.M		8:00		7:30		1:00

## *Gracie Bully Proof*

<b>Kids</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Little Champs</b>	5:00 pm					10:00 am
<b>Jr. Grapplers</b>		5:00 pm		5:00 pm		11:00 am

## *Prof. Adriano Nasal BJJ Competition*

<b>Adult</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>P.M</b>	7:30	7:30	7:30	6:00		
				No Gi		

# Rebel X MMA Class Schedule

## *Muay Thai*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lil Rebels</b>	6:00 pm	6:00 pm	6:00 pm			10:00 am
<b>Adult</b>	7:30 pm	7:30 pm	7:30 pm			10:00 am

## *Wrestling*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>All Ages</b>					6:00 pm	

## *MMA*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult</b>				7:30		

\* This is a PERMANENT WEEKLY SCHEDULE. To read this schedule, simply choose your Martial Art Discipline and a day your available. Follow its column across. Empty boxes indicate no classes, they also indicate Open Mat and Gym is available. If you have an “Ultimate Package” you are eligible for full gym access. Full gym access means u can use Rebel X MMA facility at any time we are open. Please refer to our business hours below.

\* Rebel x MMA is closed from 2pm-5pm Tuesday & Thursday \*\*Class Schedule subject to change without notice.

**“Bring a Friend” Class:** All classes on **Tuesday and Saturday** are official “Bring a Friend” classes where you are allowed to bring up to 2 friends with you to try the class absolutely free. Simply show up with your friend about 15 minutes early and we will take care of the rest. During the class you will partner up with your friend so that you can help them with the techniques. Be sure to tell your friend that the classes and Gi are absolutely free and that there is no obligation to sign-up.

### **6 Things Every Student Must Know...**

1. Arrive 10-15 minutes early to each class.
2. Ask questions every chance you get.
3. Respect everything and everyone at Rebel X MMA.
4. Wash your Gi or Gear after EVERY class.
5. Always help the newer students.
6. Perfect and NEVER forget your basics.