

Quakertown Academy of MMA & Fitness



~ 844-QMMA-FIT ~ AMMAfit.com ~ 844-766-2348

Kids Class Ages

TINY TITANS: 3-1/2+

Little Dragons: 5+

A-TEAM: 8+

Teen/Adult 13+

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|--|--|---|---|---|--|
| <i>FIRST SUNDAY BJJ 9am-11am</i> | Little Dragons 4:45-5:15pm | TINY TITANS 4:45-5:15pm | TINY TITANS 4:45-5:15pm | | Little Dragons 4:45-5:15pm Orange Belt & Up | Krav Maga 8:30-9:15am Techniques |
| | A-TEAM 5:15-5:45pm White/Yellow Belts ONLY | Little Dragons 5:15-5:45pm Jiu Jitsu ALL BELTS | | A-TEAM 5:15-6pm Sparring Orang/Purp/Blue/Green | A-TEAM 5:15-6pm Purple Belt & Up | Krav Maga 9:15-10:15am Techniques |
| | A-TEAM 5:45-6:15pm Orange/Purple/Blue Belts ONLY | | A-TEAM 5:45-6:30pm White/Yellow/Orange Belts ONLY | BJJ: Gi 6-7pm Teen/Adult | Cardio Kickboxing INTERVALS 6-6:45pm | A-TEAM 10:15-11am Blue Belts & Up |
| | Cardio Kickboxing 6:15-7pm | BJJ: Gi 6:30-7:45pm Teen/Adult | Cardio Kickboxing MOYO 6:30-7:15 | IRONFIT 6:15-7pm | | A-TEAM 11-11:45am Whit/Yello/Orang Purp Belts Only |
| | A-TEAM 7-7:45pm Green Belts & Up | | Krav Maga-MMA 7:15-8:15pm Ground Defense | Krav Maga-MMA 7-8pm Striking & Defense | | Little Dragons 11:45-12:15pm |
| | BJJ- No Gi 7:45-9pm | MMA Conditioning 7:45-8:45pm Teen/Adult | | Krav Maga-MMA Sparring: Full Gear 8-9pm | | TINY TITANS 12:15-12:45pm |



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