

OUTLOOK MMA

CLASS SCHEDULE

615-200-7235

MONDAY

12-1 Combat Thai

5:15 - 6 Kids (Ages 9-15)

6 - 7 Combat Thai

TUESDAY

5 - 6 No Gi BJJ

6 - 7 Combat Thai

WEDNESDAY

12-1 Combat Thai

5:15 - 6 Kids (Ages 9-15)

6 - 7 Combat Thai

Sparring

THURSDAY

5 - 6 No Gi BJJ

6 - 7 Combat Thai

FRIDAY

12 - 1 Combat Thai

SATURDAY

11 - 1 Combat Thai/MMA

Sparring