



OUTLOOK MMA

CLASS SCHEDULE

615-200-7235

MONDAY

12-1 Combat Thai

4-6 Available for 1-1's

6 - 7 Combat Thai

WEDNESDAY

12-1 Combat Thai

4-6 Available for 1-1's

**6 - 7 Combat Thai
Sparring**

TUESDAY

5 - 6 No Gi BJJ

6 - 7 Combat Thai

THURSDAY

4-5 Available for 1-1's

5 - 6 No Gi BJJ

6 - 7 Combat Thai

FRIDAY

12 - 1 Combat Thai
(Contact for 1-1 times)

SATURDAY

10-11 Punch Before Brunch: Drop In Only - \$25

11-12 Sparring/Open Mat

12-1 MMA Intensive: Drop In Only

\$20 Members, \$30 Nonmembers