

BUSHIDO SCHOOL OF MIXED MARTIAL ARTS

1511 Route 22, Brewster, NY

(845)279-8500

www.BushidoSMMA.com

WEEKLY SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Bushido (3-5 yrs. old)				4:30 - 5:00			
Kids White & Blue Belts	Noon-12:45	5:00 - 5:45	5:30 - 6:15	5:30 - 6:15	5:00 - 5:45	6:00 - 6:45	10:15 - 11 AM
Kids Yellow thru Brown Belts	Noon-12:45	5:45 - 6:45	6:15 - 7:15	6:15 - 7:15	5:45 - 6:45	5:00 - 6:00	10:15 - 11 AM
Teen All Levels Only				7:15 - 8:00			
Teen/Adult All Levels	12:45-1:30	8:30 -9:30	Noon - 1:00 & 8:00 - 9:00	8:00 - 9:00	7:00-8:00	Noon - 1:00 & 6:45 - 7:45	11 AM - Noon
Junior Black Belts	Noon-12:45		6:15 - 7:15	7:15 - 8:00	5:45 - 6:45	6:45 - 7:45	10:15 - 11 AM
Adult Black Belts	12:45-1:30	8:30 - 9:30	Noon - 1:00 & 8:00 - 9:00	8:00 - 9:00	7:00 - 8:00	Noon - 1:00 & 6:45 - 7:45	11 AM - Noon
Leadership		6:45 - 7:30					
Total Body Conditioning			7:15 - 8:00			7:45 - 8:30	9:30AM-10:15
MMA Fitness & Conditioning	1:30 - 2:30	7:30 - 8:30			8:00 - 9:00		12:00 - 1:00



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info@BushidoSMMA.com

Note: Schedule is in effect starting Sunday September 9th, 2018. All classes are scheduled in the evening unless noted.