

Eastern Academy of Mixed Martial Arts Training Schedule

Muay Thai

Day: all ranks

Mon. - Wed. - Fri. 12:00 -1:00pm and Sat. 10:00-11:00am (mat 1)

Evening:

Phase 1- Beginners- White & Yellow

Mon. - Wed. - Fri. 6:00 -7:00pm (mat 1)

Phase 2- Intermediate and Advanced

Mon. - Wed. - Fri 7:00 -8:00pm (mat 1)

Relson Gracie Brazilian Jiu Jitsu

Day: all ranks

Mon.- Wed.-Fri. 9:30-11:00am and Sat. 11:00-12:30pm (mat 1)

Evening:

Tue. and Thur. 6:00-7:30pm (mat 1)

Filipino Martial Arts / Jeet Kune Do

Mon. and Fri. 11:00am-12:00pm (mat 1)

Tue and Thur. 8:00-9:00pm (mat 1)

Combat Submission Wrestling / MMA

Mon. and Wed. 8:00-9:30pm and Fri. 8:00-9:00pm (mat 1)

Children's Program

Dragons BJJ-age 8 and up

Tue. and Thur. 5:00-6:00pm (mat 2)

Dragons Stand Up/ MMA - age 8 and up

Mon. Wed. & Fri. 5:15-6:00pm (mat 1)

Lil' Dragons-age 5-7

Tue and Thur. 4:15-5:00pm (mat 1)

Takedown class –open to all BJJ and CSW students

Tue and Thur 8:00-9:00pm (mat 2)

Sparring Class- open to all Muay Thai and CSW students

Tue and Thur. 7:00-8:00pm (ring)

Open Mat Fri 8:00-9:00pm(mat 2) Sat 9:00-10:00am(mat 1)