



# NEXT GENERATION

## MIXED MARTIAL ARTS

RANCHO SANTA MARGARITA



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
10:00am			NOGI JIU-JITSU				NOGI JIU-JITSU		OPEN MAT <i>By REQUEST ONLY</i>	NOGI JIU-JITSU
11:00am			NG CARDIO CLASS				NG CARDIO CLASS			NG CARDIO CLASS
12:00pm	SCHEDULED APPOINTMENTS & PRIVATE LESSONS ONLY		SCHEDULED APPOINTMENTS & PRIVATE LESSONS ONLY		SCHEDULED APPOINTMENTS & PRIVATE LESSONS ONLY		SCHEDULED APPOINTMENTS & PRIVATE LESSONS ONLY		CLOSED	CLOSED
1:00pm										
2:00pm										
3:00pm	PRO MMA TRAINING		PRO MMA S & C		PRO MMA TRAINING		PRO MMA S & C			
4:00pm			KIDS MMA				KIDS MMA			
5:00pm	MUAY THAI		MMA WRESTLING	MUAY THAI	MUAY THAI		MMA WRESTLING	MUAY THAI		
6:00pm			NOGI JIU-JITSU	NG CARDIO CLASS			NOGI JIU-JITSU	NG CARDIO CLASS	NOGI JIU-JITSU	NG CARDIO CLASS
7:00pm										
8:00pm										
9:00pm	CLOSED									
<b>22566 AVENIDA EMPRESSA RANCHO SANTA MARGARITA CA 92688</b>										