



# Twin Ports MMA

Monday-Wednesday

Muay Thai 4:00-5:30PM

Performance Conditioning 6:00-6:45 PM

Brazilian Jiu-Jitsu 7:00-8:30 PM

Tuesday-Thursday

Brazilian Jiu-Jitsu 4:00-5:30 PM

Performance Conditioning 6:00-6:45 PM

Muay Thai Kickboxing 7:00-8:30 PM

Saturday

10AM-2:00PM

Open Gym