









McCann's Xtremefreestyle Combat Sports Training 2011



WWW.XTREMEEFREESTYLE.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am - 10:30am Warrior Fit Elizabeth	9:30 am- 10:30am Boxing Elizabeth	9:30am - 10:30am Warrior Fit Elizabeth	9:30 am- 10:30am Boxing Elizabeth	9:30am - 10:30am Warrior Fit Elizabeth	8:00am - 9:00am Fighter Training Open Mat
5:15pm -6:00 pm Kids Boxing - 7-14 Yrs Reg. Required Elizabeth	5:00pm -5:45pm Kids MMA - 7-14yrs Reg. Required Matt	5:15pm -6:00 pm Kids Boxing - 7-14yrs Reg. Required Elizabeth	5:00pm -5:45pm Kids MMA -7-14yrs Reg. Required Matt		9:00am - 10:00am Warrior Fit Elizabeth
6:00pm - 7:00pm Warrior Fit Elizabeth	6:00pm -7:00 pm BJJ / Submission Jeff / Brett	6:00pm - 7:00pm Warrior Fit Elizabeth	6:00pm -7:00 pm BJJ / Submission Jeff / Brett	6:00pm - 7:00pm Warrior Fit Elizabeth	9:00am - 9:45am Kids MMA - 7-14yrs Reg. Required Matt
7:00pm 8:00pm The Art of Boxing Jim	7:00pm 8:30pm Close Quarter Combatives Hand/Stick/Knife/Gun Bob	7:00pm 8:00pm The Art of Boxing Jim	7:00pm 8:30pm Close Quarter Combatives Hand/Stick/Knife/Gun Bob		10:00am -11:00am Jun Fan Kickboxing Jim
8:00pm 9:00pm MMA Jim	8:30pm 10:30pm Russian Martial Arts Denny / Sergi	8:00pm 9:00pm MMA Jim	8:30pm 10:30pm Russian Martial Arts Denny / Sergi		11:00am 12:00pm MMA Jim
9:00pm-10:00pm Jeet Kune Do Jim		9:00pm-10:00pm Jeet Kune Do Jim			12:00pm -1:00pm Fighter Training Open Mat

Additional fee's apply for the above training programs
Please see programs desk or membership for additional information