

American Eagle Mixed Martial Arts Class Schedule as of April 1st, 2010

Class Begins

Time (M-F)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time (Sat)
12:00PM		Mixed- Adult & Teen		Mixed- Adult & Teen		Kettlebell Class*	9:45 AM
3:30PM		Kettlebell Class*		Kettlebell Class*		9:45 - 10:45A	Saturday
4:00PM	Lil' Eagles	3:30 to 4:30P	Lil' Eagles	3:30 to 4:30P		Beginner Children	10:00AM Saturday
4:30PM	Kettlebell Class*	Kettlebell Class*	Kettlebell Class*	Kettlebell Class*	Kettlebell Class*	Advanced Children	10:30AM Saturday
5:00 PM	4:30 to 5:30P	4:30 to 5:30P	4:30 to 5:30P	4:30 to 5:30P	4:30 to 5:30P	Mixed- Adult & Teen	11:00AM Saturday
5:30 PM	Beginner Children	Beginner Children	Beginner Children	Beginner Children		BBC Adult Weapons	12:00PM Saturday
6:00PM	Kidjitsu All Children	Sparring Children	Kidjitsu All Children	Sparring Children	Children's Mixed 6:00 to 6:45P		11:00AM **Sunday
6:30PM	Advanced Children	Black Belt Club Children	Black Belt Club Children	Advanced Children	BBC C & A 6:45 to 7:15P		Kettlebell Class* 11-12 Noon**
7:00PM	Brazilian Jiu-Jitsu No Gi *	Mixed Adult & Teen- 7 - 8 P	Mixed Adult & Teen	Mixed Adult & Teen- 7 - 8 P	Mixed Adult & Teen 7:15 to 8:00P		
		Kettlebell Class* 7 - 8 P		Kettlebell Class* 7 - 8 P			
8:00PM	Mixed Adult & Teen	Brazilian Jiu-Jitsu No Gi *	Kettlebell Class* 8-9 P	Brazilian Jiu-Jitsu No Gi *	Brazilian Jiu-Jitsu Gi Class *		
9:00PM	Brazilian Jiu-Jitsu Gi Class *	Team Iron Horse MMA Fight Team Training *	Brazilian Jiu-Jitsu Gi Class *	Team Iron Horse MMA Fight Team Training *			

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www.philross.com

* [Not Included in Standard Membership](#)

** Sunday Class