

American Eagle Mixed Martial Arts Fall Schedule as of September 8th, 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 | | | | | | 9:45 - 10:45A | Saturday |
| 4:00PM | Lil' Eagles | | Lil' Eagles | | | 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 | Children's Mixed 5:30 to 6:15P | BBC Adult Weapons | 12:00PM Saturday |
| 6:00PM | Kidjitsu All Children | Sparring Children | Kidjitsu All Children | Sparring Children | Mixed Adult & Teen | | 11:00AM **Sunday |
| 6:30PM | Advanced Children | Black Belt Club Children | Black Belt Club Children | Advanced Children | 6:15 - 7:00P | | Kettlebell Class* 11-12 Noon** |
| 7:00PM | Brazilian Jiu-Jitsu | Mixed Adult & Teen- 7 - 8 P | Mixed Adult & Teen | Mixed Adult & Teen- 7 - 8 P | Brazilian Jiu-Jitsu | | |
| | No Gi * | Kettlebell Class* 7 - 8 P | | Kettlebell Class* 7 - 8 P | | | |
| 8:00PM | Mixed | Brazilian Jiu-Jitsu | Kettlebell Class* | Brazilian Jiu-Jitsu | | | |
| | Adult & Teen | No Gi * | | 8-9 P | | | |
| 9:00PM | Brazilian Jiu-Jitsu | Team Iron Horse MMA Fight Team Training * | Brazilian Jiu-Jitsu | Team Iron Horse MMA | | | |
| | Gi Class * | | | | | | |

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www.philross.com

* [Not Included in Standard Membership](#)

** Sunday Class