

American Eagle Mixed Martial Arts Schedule as of April 1, 2017

Class Begins www.philross.com

201.612.1429

FB: American Eagle MMA & Kettlebells

Time (M-F)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time (Sat)
7:10- 7:55 AM		Kettlebell Class		Kettlebell Class		Kettlebell Class	9:00 A
12:00-1:00 PM		Mixed Adult & Teen	BJJ Gi**	Mixed Adult & Teen	BJJ Gi	Lil' Eagles	10:00 A Saturday
4:00 PM	Kettlebell Class		Kettlebell Class			Kidjitsu	10:00 A Saturday
4:30 PM	4:00-4:55	Lil' Eagles	4:00-4:55	Lil' Eagles		Children Mixed	10:30 - 11:00 A
5:00 PM	Beginner Children	Beginner Children	Beginner Children	Beginner Children	Mixed Children 4:45-5:30P	All Levels	Saturday
5:30 PM	Sparring Children*	Children Mixed/Sparring	Kidjitsu Children	Children Mixed/Kidjitsu		BBC Adult & Weapons	11:00 - 11:30 A
6:00 PM	BJJ Basics**	Children Advanced	BJJ Basics**	Children Advanced	Kettlebell Class 5:30-6:30	Mixed- Adult & Teen	11:30 - 12:30 P Saturday
6:30 PM	Adult & Advanced Children	Black Belt Club Children/Adult	Adult & Advanced Children	Black Belt Club Children/Adult	Open Mat, Adults 5:30-6:30	BJJ Gi	12:30 - 1:30 P Saturday
7:00 PM	Mixed Adult & Teen 7:00 - 8:00 P	Mixed Adult & Teen 7:00 - 8:00 P		Mixed Adult & Teen 7:00 - 8:00 P			
7:00 PM	Kettlebell Class 7:00 - 8:00 P		Kettlebell Class 7:00 - 8:00 P				
8:00 PM	Boxing	BJJ Gi** 8-9:00	Survival Strong	BJJ Gi** 8-9:00		Kettlebell Class	10:00 - 10:55 A Sunday
9:00 PM		Optional Fight Team Training		Optional Fight Team Training		BJJ Gi	11:00 - 12:00 P Sunday

*Children's Sparring Classes are Non-Contact & Contact w/Gear **BJJ Gi necessary