



# DERBY CITY MIXED MARTIAL ARTS SCHEDULE

# 502-937-8797

8021 Dixie Hwy Suite 102  
Louisville, KY 40258  
[www.DerbyCityMMA.com](http://www.DerbyCityMMA.com)

	MON	TUE	WED	THUR	FRI	SAT	SUN
11AM-12PM	BJJ	BJJ	BJJ	BJJ	BJJ		
12PM-1PM		Boxing	MMA Agility Conditioning	MMA Cardio Conditioning	Boxing	BJJ	OPEN MAT 12-5PM
1:00-2:00PM						Boxing	
2:00-5:00PM							
5PM-6PM	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT		
6PM-7PM	Kids BJJ (Ages 6-13)	Kids BJJ (Ages 6-13)	Kids BJJ (Ages 6-13)	Kids BJJ (Ages 6-13)			
	Wrestling	Boxing Sparring	Wrestling Basics	Boxing Sparring	NOGI - BJJ		
	Boxing Basics	BJJ Basics	Boxing Basics	BJJ Basics	Boxing Basics		
7PM-8PM	BJJ	BJJ	Muay Thai Kickboxing	BJJ	MMA Cardio Conditioning		
			Boxing Sparring				
	Boxing Bag Classes	Boxing	MMA Sparring	Boxing			
8PM-9PM		Advanced BJJ	NOGI - BJJ	Advanced BJJ			
		Muay Thai Kickboxing Bag Classes	Boxing Bag Classes	Muay Thai Kickboxing Bag Classes			

**MUAY THAI - KICKBOXING**

**BJJ-BRAZILIAN JIU JITSU**

**MMA-MIXED MARTIAL ARTS**