



MMA CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 PM	CROSSFIT <i>Chris C.</i>	Advanced Boxing <i>Ali</i>	CROSSFIT <i>Walker</i>	Advanced Boxing <i>Ali</i>	CROSSFIT <i>Walker</i>	CROSSFIT <i>Walker</i>
1:00 PM		NO-GI BJJ <i>Marvin</i>	MMA <i>Tomar</i>	GI BJJ <i>Marvin</i>	MMA <i>Tomar</i>	GI BJJ <i>Nissen/Tomar</i>
2:00 PM						
5:00 PM	CROSSFIT <i>Walker</i>	CROSSFIT <i>Walker</i>		CROSSFIT <i>Walker</i>		
6:00 PM	BOXING <i>Chris G.</i>	MUAY THAI <i>Jon</i>	BOXING <i>Chris G.</i>	MUAY THAI <i>Jon</i>		
	JV Jiu-Jitsu <i>Tomar</i>	JV Kickboxing <i>Tomar</i>	JV Jiu-Jitsu <i>Charlye</i>	JV Kickboxing <i>Tomar</i>		
7:00 PM	GI BJJ <i>Walker</i>	WRESTLING <i>Bill</i>	NO-GI BJJ/MMA (7:30) <i>Jay Dennis</i>	WRESTLING <i>Bill</i>		
8:00 PM	NO-GI BJJ <i>Marvin</i>	YOGA (8:30) <i>Kelly</i>		MMA <i>Tomar</i>		
9:00 PM				YOGA <i>Kelly</i>		

IMPORTANT NOTE:

***No Open Mat During Class**

****No Training During YOGA Classes**

HOURS OF OPERATION:

Mon-Thurs 10am-10pm

Friday 10am-5pm

Saturday 12pm-5pm

Sunday CLOSED

201 East Cox Ferry Road · Conway, SC · 29526

www.fitnessedgemma.com

www.crossfitgrandstrand.com

843-349-4MMA

Class Descriptions

Brazilian Jiu Jitsu (BJJ)-This is Brazil's national sport known as the gentle sport which uses throws and submissions to control your opponent without causing harm. This class is an overall great anaerobic as well as aerobic workout.

GI BJJ- GI is required for class participation.

Boxing- A combat sport in which two people fight each other with their fists. Boxers are some of the most conditioned athletes in the world. You will use core, cardiovascular, and muscle endurance in this workout. It's a sure way to get lean and in shape.

CrossFit- A combination of strength and conditioning exercises that promote broad and general overall physical fitness. This class is designed to improve cardiovascular endurance, stamina, strength, flexibility, power, speed, agility, and balance. CrossFit is intense circuit training that will push you to new limits and reach new goals.

Muay Thai- Thailand's national sport is a style of kickboxing referred to as the "Art of Eight Limbs". This class focuses on cardio while engaging the core using strikes with elbows, knees, kicks, and punches.

Wrestling-This ancient martial art uses grappling techniques such as clinch fighting, throws and take downs, joint locks, pins, and many more grappling holds to maintain superior position.

MMA -Whether you're looking to fight in the cage or just general self defense training, this is the class for you. This workout consists of bag/pad work, flexibility and conditioning, followed by stand-up and ground fight training. We guarantee that you'll feel satisfied after completing this workout.

Yoga- Each yoga sequence has carefully balanced movements to calm the body and mind as you increase your strength and flexibility. Take time to stretch tight muscles and prevent unwanted injuries.

JV Kickboxing- Ages 8-14. Gloves are required.

JV Jiu-Jitsu- Ages 8-14. GI and White belt are required.