



West Coast Fight Team



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Monday

4:00-5pm Open Mat
5pm-5:30 Warm-up
5:30- 6:30 Striking/Mitts
Thai Pads
6:30-7:30 Grappling/No Gi
7:30 -8pm-Cool Down

Thursday

4:00-5pm Open Mat
5pm-5:30 Warm-up
5:30- 6:30 Grappling/No Gi
6:30-7:30 Striking/Mitts
Thai Pads
7:30 -8:30 Wrestling/Collegiate
Freestyle/Greco-Roman

Tuesday

4:00-5pm Open Mat
5pm-5:30 Warm-up
5:30- 6:30 Grappling/No Gi
6:30-7:30 Striking/Mitts
Thai Pads
7:30 -8:30 Wrestling/Collegiate
Freestyle/Greco-Roman

Friday

4:00-5pm Open Mat
5pm-5:30 Warm-up
5:30- 6:30 Choice Competitors
Training Edge
6:30-7:30 Cool Down

Wednesday

4:00-5pm Open Mat
5pm-5:30 Warm-up
5:30- 6:30 Striking/Mitts
Thai Pads
6:30-7:30 Grappling/No Gi
7:30 -8pm-Cool Down

Saturday

Class Coming Soon

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www.venomfightskinz.com

www.fightersanonymous.com