

EFFINGHAM COMBAT ACADEMY

Program	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Fighters	Beginner	3:30-4:00		3:30-4:00			
Lil'Wrestlers	Beginner		3:30-4:00 4:00-4:30 4:30-5:00		3:30-4:00 4:00-4:30 4:30-5:00		
Wrestling	Junior		5:00-5:50		5:00-5:50		
Combat Striking	Junior	4:00-4:50				5:00-5:50	
	Adult	7:00-8:00				6:00-7:00	
Muay Thai	Junior			4:00-4:50		4:00-4:50	
	Adult	8:00-9:00		8:00-9:00			
Brazilian Jiu Jitsu	Junior BJJ	5:00-5:50		5:00-5:50 (No Gi)			11:00-11:50
	Advanced Junior BJJ		6:00-7:00 (No-Gi)				10:00-11:00
	Tournament Team			6:00-7:00			
	Adult BJJ	6:00-7:00		7:00-8:00 (No Gi)			12:00-1:00
AB Fight Team	Invite Only		7:00-8:30			7:00-8:30	

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