

675 E. LINCOLN AVE.
MT. VERNON, NY
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ARENATRainingCENTERNY



GET YOUR FREE
CLASS PASS
TODAY!

ARENA TRAINING CENTER

JIU-JITSU | KICKBOXING | MMA | KIDS | CONDITIONING

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
SIDE A	SIDE B	SIDE A	SIDE B	SIDE A	SIDE B	SIDE A	SIDE B	SIDE A	SIDE B	SIDE A	SIDE B	SIDE A	SIDE B
MOBILITY		YOGA		YOGA		YOGA						DKB (beginner)	COND. (HIIT)
09:00 AM- 10:00 AM		09:30 AM- 10:30 AM		09:30 AM- 10:30 AM		09:30 AM- 10:30 AM						09:00 AM- 10:00 AM	
YOGA												DKB (Int./Adv.)	COND. (HIIT)
10:15 AM- 11:15 AM												10:00 AM- 11:00 AM	
												KIDS I & II (DKB)	
												11:00 AM- 12:00 PM	
												BJJ NO-GI	
												12:00 PM - 1:00 PM	
		KIDS I (BJJ)		KIDS I (BJJ)		KIDS I (BJJ)		KIDS I (BJJ)		KIDS I (BJJ)			
		4:30 PM- 5:30 PM		4:30 PM- 5:30 PM		4:30 PM- 5:30 PM		4:30 PM- 5:30 PM		4:30 PM- 5:30 PM			
		KIDS II (BJJ)		KIDS II (DKB)	COND. (HIIT)	KIDS II (BJJ)		KIDS II (DKB)	COND. (HIIT)	KIDS II (BJJ)			
		5:30 PM- 6:30 PM		5:30 PM- 6:30 PM		5:30 PM- 6:30 PM		5:30 PM- 6:30 PM		5:30 PM- 6:30 PM			
		DKB (beginner)	COND. (strength)	DKB (Int./Adv.)	COND. (HIIT)	DKB (beginner)	COND. (strength)	DKB (Int./Adv.)	COND. (HIIT)	DKB (beginner)	COND. (core)		
		6:30 PM- 7:30 PM		6:30 PM- 7:30 PM		6:30 PM- 7:30 PM		6:30 PM- 7:30 PM		6:30 PM- 7:30 PM			
		BJJ NO-GI		BJJ GI/ INTRO BJJ		BJJ NO-GI		BJJ GI		MMA/ INTRO BJJ			
		7:30 PM- 8:30 PM		7:30 PM- 8:30 PM		7:30 PM- 8:30 PM		7:30 PM- 8:30 PM		7:30 PM- 8:30 PM			

*ALL CLASSES ARE ADULT UNLESS NOTED OTHERWISE| ADULT BJJ = ALL BELTS WELCOMED | KIDS I (5-9yo) | KIDS II (10-14yo)