

**REIS EXTREME MIXED MARTIAL ARTS**  
**SUMMER SCHEDULE**

**Hours of Operation: MON, WED & FRI – 11:00 AM to 9:30 PM**  
**TUE & THU – 5:00 PM to 9:30 PM**  
**SAT – 8:30 AM to 12:00 PM**  
**SUN – Closed**

*Junior Mixed Martial Arts (ages 6-13)*

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BELT LEVEL	A - DAY MON.	A - DAY TUE.	B - DAY WED.	B - DAY THU.	NO GI FRI.	SAT.
All Ranks	6:00 PM to 6:45 PM	5:30 PM to 6:15 PM	6:00 PM to 6:45 PM	5:30 PM to 6:15 PM	6:00 PM to 6:45 PM	No Class

*Adult Mixed Martial Arts (ages 14 & up)*

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BELT LEVEL	A - DAY MON.	A - DAY TUE.	B - DAY WED.	B - DAY THU.	10PBJJ FRI.	OPEN MAT SAT
Morning All Ranks	11:45 AM to 12:45 PM	No Class	11:45 AM to 12:45 PM	No Class	11:45 AM to 12:45 PM	10:00 PM to 12:00 PM
Evening All Ranks	7:00 PM to 8:00 PM	7:00 PM to 8:00 PM	7:00 PM to 8:00 PM	7:00 PM to 8:00 PM	7:00 PM to 8:00 PM	10:00 PM to 12:00 PM

*Adult Aikido (ages 14 & up)*

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BELT LEVEL	MON.	TUE.	WED.	THU.	FRI.	OPEN MAT SAT
Afternoon All Ranks	1:00 PM to 2:00 PM	No Class	1:00 PM to 2:00 PM	No Class	1:00 PM to 2:00 PM	10:00 PM to 12:00 PM
Evening All Ranks	8:15 PM to 9:15 PM	8:15 PM to 9:15 PM	8:15 PM to 9:15 PM	8:15 PM to 9:15 PM	No Class	10:00 PM to 12:00 PM

*Women's Fitness Fighting (ages 14 & up)*

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BELT LEVEL	MON.	TUE.	WED.	THU.	FRI.	SAT.
	No Class	No Class	No Class	No Class	No Class	9:00 AM to 10:00 PM

*MMA A-Day: Instruction in basics, striking & self defense.*

*MMA B-Day: Instruction in conditioning, grappling, sparring and reaction drills.*

*10PBJJ FRIDAY: No Gi day working on just 10<sup>th</sup> Planet BJJ techniques.*

*OPEN MAT SATURDAY: Informal instruction upon request.*

*AIKIDO: Hakama is optional at Yellow Belt & above.*

**Summer schedule will begin on June 1<sup>st</sup>**