

Jim McCann's Xtremefreestyle MMA Training Schedule

Beginning January 2010

WWW.XTREMEEFREESTYLE.COM

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Monday	Tuesday	Wednesday	Thursday	Saturday
9:30am - 10:30am Kickboxing Coach AJ Boxing Studio	9:30am - 10:30am Combat Conditioning Coach AJ		9:30am - 10:30am Kickboxing Coach AJ Boxing Studio	8:00am - 9:00am Cobat Conditioning Coach Elizabeth
				9:00am - 10:00am Youth Grappling Coach Matt & Frank
	5:30 - 6:30 Kids Submission Wrestling Coach Matt & Frank	4:30pm - 6:30pm Competition Team Training	5:30 - 6:30 Kids Submission Wrestling Coach Matt & Frank	10:00am -11:00am Jun Fan Kickboxing Coach Jim
6:30pm - 7:30pm Combat Conditioning Coach Elizabeth	6:30pm - 7:30pm MMA - Grapling Coach Jim	6:30pm - 7:30pm Combat Conditioning Coach Elizabeth	6:30pm - 7:30pm MMA - Grapling Coach Jim	11:00am - 12:00pm MMA Coach Jim
7:30pm - 8:30pm Boxing Coach Jim	7:30pm - 8:30pm Jun Fan Kickboxing Coach Jim	7:30pm - 8:30pm Boxing Coach Jim	7:30pm - 8:30pm Jun Fan Kickboxing Coach Jim	12:00pm - 1:00pm Competition Team Training
8:30pm-9:30pm MMA Coach Jim	8:30pm - 9:30pm JKD / CQC Coach Jim	8:30pm-9:30pm MMA Coach Jim	8:30pm - 9:30pm JKD / CQC Coach Jim	

All of the Xtremefreestyle classes are located next door in The MMA Annex unless otherwise noted.
 These classes are all part of your NAC Membership.
 Come to as many of these sessions as you would like

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