

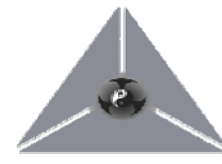
# ADULT SCHEDULE



# Academy of Mixed Martial Science

*MMA, Boxing, Self-Defense, & Self-Mastery*

11671 National Blvd., West L.A. 90064 • (310) 902-6318 • Yimin@AMMSAcademy.com • www.mma-losangeles.com



Effective 11/1/11

**Call Today for FREE TRIAL CLASS!!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b><u>Boxing Bootcamp</u></b> 6am - 7am		<b><u>Boxing Bootcamp</u></b> 6am - 7am		<b><u>Boxing Bootcamp</u></b> 6am - 7am		<b>FREE SUNDAYS</b>
<b><u>Kick-Fit</u></b> 7am - 8am		<b><u>Kick-Fit</u></b> 7am - 8am		<b><u>Kick-Fit</u></b> 7am - 8am		
<b><u>Open Mat / Gym</u></b> 12:30pm - 2pm	<b><u>MMS: BJJ/SW/Judo</u></b> <i>White - Green</i> 12:30pm - 1:15pm <b><u>MMS: Muay Thai</u></b> <i>White - Green</i> 1:15pm - 2pm	<b><u>Open Mat / Gym</u></b> 12:30pm - 2pm	<b><u>MMS: BJJ/SW/Judo</u></b> <i>White - Green</i> 12:30pm - 1:15pm <b><u>MMS: Muay Thai</u></b> <i>White - Green</i> 1:15pm - 2pm		<b><u>MMS: BJJ/SW/Judo</u></b> <i>White - Green</i> 11am - 12pm <b><u>MMS: Muay Thai</u></b> <i>White - Green</i> 12pm - 1:30pm <b><u>MMS: Muay Thai</u></b> <i>Green - Black</i> 1:30pm - 3pm	<b><u>Moving Meditation</u></b> <i>Falun Gong Qigong &amp; Eastern Philosophy</i> 10am - 12:30pm
<b><u>Boxing</u></b> <i>All Levels</i> 6pm - 7pm	<b><u>Chinese Boxing</u></b> <i>All Levels</i> 6pm - 7pm	<b><u>Boxing</u></b> <i>All Levels</i> 6pm - 7pm	<b><u>Chinese Boxing</u></b> <i>All Levels</i> 6pm - 7pm			
<b><u>MMS: Muay Thai</u></b> <i>All Levels</i> 7pm - 8pm	<b><u>Open Mat / Gym</u></b> 7pm - 7:30pm <b><u>MMS: Muay Thai</u></b> <i>White - Green</i> 7:30pm - 8:30pm <b><u>MMS: Muay Thai</u></b> <i>Green - Black</i> 8:30pm - 10pm	<b><u>Open Mat / Gym</u></b> 7pm - 9pm	<b><u>MMS: Muay Thai</u></b> <i>All Levels</i> 7pm - 8pm <b><u>MMS: BJJ/SW/Judo</u></b> <i>All Levels</i> 8pm - 9pm	<b><u>MMS: Muay Thai</u></b> <i>Gold - Black</i> 7:30pm - 8:30pm <b><u>Open Mat / Sparring</u></b> <i>Gold - Black</i> 8:30pm - 9pm		<b>SUNDAY MEDITATION &amp; Other Workshops ARE FREE AND OPEN TO EVERYONE (MEMBERS &amp; NON-MEMBERS) Check our Web Site for Details on Next Workshop</b>
<b><u>MMS: BJJ/SW/Judo</u></b> <i>All Levels</i> 8pm - 9pm			<b><u>MMS: BJJ/SW/Judo</u></b> <i>All Levels</i> 8pm - 9pm			
<b><u>Gi Brazilian Jiu-Jitsu</u></b> <i>All Levels</i> 9pm - 10:30pm		<b><u>Gi Brazilian Jiu-Jitsu</u></b> <i>All Levels</i> 9pm - 10:30pm	<b><u>Gi Brazilian Jiu-Jitsu</u></b> <i>All Levels</i> 9pm - 10:30pm			

Mixed Martial Science (MMS), Mixed Martial Arts (MMA), Brazilian Jiu-Jitsu (BJJ), Submission Wrestling (SW)

MMS Rankings: White, Gold, Green, Blue, Red, Brown, Grey, Black

PRIVATE LESSONS ARE AVAILABLE IN ALL DISCIPLINES, Including Some Not Listed Above

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