

Fusion Fitness MMA Thai Boxing & Gracie Jiu-Jitsu Academy

www.FusionFitnessMMA.com | 782 S. McLean Blvd. Elgin, IL 60123 | (847) 841-8705 | fusionfitnessmma@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thai Boxing 10:00am-11:00am		Thai Boxing 10:00am-11:00am			Thai Boxing 10:00am-11:00am
					Master Cycle Sparring 10:00am-11:00am
Combatives 11:00am-12:00pm		Combatives 11:00am-12:00pm			
Gracie Bullyproof (8-13 yrs) 4:45pm-5:30pm	Jr. Thai Boxing 4:45pm-5:30pm	Gracie Bullyproof (8-13 yrs) 4:45pm-5:30pm	Jr. Thai Boxing 4:45pm-5:30pm	GJJ Open Study 5:30-7:00pm	
MC Sparring 5:30pm-6:00pm	Thai Boxing 6:00pm-7:00pm	MC Sparring 5:30pm-6:00pm	Thai Boxing 6:00pm-7:00pm	Thai Boxing Drills For Skills 6:00pm-7:00pm	
Combatives / Master Cycle 6:00pm-7:00pm	Combatives / Master Cycle 7:15pm-8:15pm	Combatives / Master Cycle 6:00pm-7:00pm	Combatives / Master Cycle (No-gi MC only) 7:15pm-8:15pm		
Thai Boxing 7:15pm-8:15pm	MC Sparring 8:15pm-8:45pm	Thai Boxing 7:15pm-8:15pm	MC Fight Simulation (No-gi, Gloves, Mouth Piece) 8:15pm-8:45pm		

Ask about our 6 Week Trial – Satisfaction Guaranteed!

Six Things Every Student Should Know...

1. Respect everything and everyone at the Academy
2. Ask questions every chance you get
3. Arrive 10-15 minutes early to class
4. Wash your GJJ/MT attire after every class
5. Learn from everyone and share with everyone
6. Introduce your friends to Gracie Jiu-Jitsu & Muay Thai