

Fusion 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 Team Training 9:00am-11:00am	Thai Boxing Team Training 9:00am-11:00am	Thai Boxing Team Training 9:00am-11:00am	Thai Boxing Team Training 9:00am-11:00am		Women Empowered 9:00am-10:00am
Gracie Jiu-Jitsu Combatives / Master Cycle 11:00am-12:00pm		Gracie Jiu-Jitsu Combatives / Master Cycle 11:00am-12:00pm			Thai Boxing (Adults) Fundamentals/Masters Class 10:00am-11:00am
Jiu-Jitsu Sparring(MC) 12:00pm-12:30pm		Jiu-Jitsu Sparring(MC) 12:00pm-12:30pm			Jiu-Jitsu Sparring(MC) 10:00am-11:00am
Jr. Grapplers (8-13 yrs) 4:45pm-5:30pm	Jr Thai Boxing (7-13yrs) 4:45pm-5:30pm	Jr. Grapplers (8-13 yrs) 4:45pm-5:30pm	Jr Thai Boxing (7-13yrs) 4:45pm-5:30pm		Jr Thai Boxing (7-13yrs) 11:15am-12:00pm
Jiu-Jitsu Sparring(MC) 5:30pm-6:00pm	Jr TB/TB Sparring(MC) 5:30pm-6:00pm	Jiu-Jitsu Sparring(MC) 5:30pm-6:00pm	Jr TB/TB Sparring(MC) 5:30pm-6:00pm		
Gracie Jiu-Jitsu Combatives/ Master Cycle 6:00pm-7:00pm	Thai Boxing (Adults) Fundamentals/Masters Class 6:00pm-7:00pm	Gracie Jiu-Jitsu Combatives/ Master Cycle 6:00pm-7:00pm	Thai Boxing (Adults) Fundamentals/Masters Class 6:00pm-7:00pm	Thai Boxing (Adults) Drills For Skills 6:00pm-7:00pm	
Thai Boxing(Adults) Fundamentals/Masters Class 7:15pm-8:15pm	Gracie Jiu-Jitsu Combatives / Master Cycle 7:15pm-8:15pm	Thai Boxing(Adults) Fundamentals/Masters Class 7:15pm-8:15pm	Gracie Jiu-Jitsu Combatives / Master Cycle 7:15pm-8:15pm		
Thai Boxing Sparring (MC) 8:15pm-8:45pm	Jiu-Jitsu Sparring(MC) 8:15pm-8:45pm	Thai Boxing Sparring (MC) 8:15pm-8:45pm	Jiu-Jitsu Sparring(MC) 8:15pm-8:45pm		
	Women Empowered 7:30pm-8:30pm (KMA)				

Ask about our 10 Day Free 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/TB attire after every class
5. Learn from everyone and share with everyone
6. Introduce your friends to Gracie Jiu-Jitsu & Thai Boxing

