



600 N. CONGRESS AVE. DELRAY BEACH, FL 33445 ■ (561) 450-9502 ■ INFO@GY6MMA.COM ■ FOLLOW US @GY6MMA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:30 AM
						ADULT NO-GI JIU JITSU
						9:30 AM
						ADULT BEGINNER KICKBOXING
		4:15 PM				
		KIDS BEGINNER				
	4:30 PM	5:00 PM	4:30 PM	4:30 PM	4:30 PM	PRIVATE LESSONS BY APPOINTMENT 11:30 - 1:30 PM
	KIDS ADVANCED SPARRING AND MMA (BY INVITATION)	KIDS JIU JITSU	KIDS JIU JITSU	KIDS INT/ADV KICKBOXING	KIDS BEGINNER	
		5:45 PM	5:15PM	5:15PM	5:15PM	
		KIDS INT/ADV KICKBOXING	KIDS BEGINNER	KIDS JIU JITSU	KIDS INT/ADV KICKBOXING	
	6:30 PM	6:30 PM	6:30 PM	6:30 PM		
	ADULT BEGINNER KICKBOXING	ADULT NO-GI JIU JITSU	ADULT BEGINNER KICKBOXING	INT. / ADV. KICKBOXING	PRIVATE LESSONS BY APPOINTMENT 6:30 - 8:00 PM	
	7:30PM	7:30 PM	7:30PM	7:30 PM		
	INT. / ADV. KICKBOXING	ADULT BEGINNER KICKBOXING	INT. / ADV. KICKBOXING	ADULT NO-GI JIU JITSU		

SCHEDULE EFFECTIVE AUGUST 30, 2021

LITTLE LEADERS: AGE 3-5	KIDS AGE 5-12	ADULTS: APPROX. AGE 13+
Contact us for your FREE TRIAL CLASS!		