


GOOCH TRAINING ACADEMY *THINK STREET. FIGHT SPORT.*

MUAY THAI + JIU JITSU + WRESTLING + BOXING

	MON	TUES	WED	THUR	FRI	SAT	SUN
9AM						MMA (INVITE ONLY)	CLOSED
10AM-NOON						NO GI (10AM); GI (11AM)	
11:00AM-2:00PM	PRIVATE TRAINING BY APPOINTMENT	PRIVATE TRAINING BY APPOINTMENT	PRIVATE TRAINING BY APPOINTMENT	PRIVATE TRAINING BY APPOINTMENT	PRIVATE TRAINING BY APPOINTMENT	CLOSED	
3:30-4:00PM	MINI MONSTERS BJJ (AGES 3-5)		MINI MONSTERS BJJ (AGES 3-5)	MINI MONSTERS BJJ (AGES 3-5)			
4PM	MIGHTY MIGHTS BJJ AGES 5-9 (GI)	MIGHTY MIGHTS BJJ AGES 5-9 (NO GI)	MIGHTY MIGHTS BJJ AGES 5-9 (GI)	MIGHTY MIGHTS BJJ AGES 5-9 (NO GI)			
5PM	JR. CHAMPIONS BJJ AGES 9-15 (GI)	JR. CHAMPIONS BJJ AGES 9-15 (NO GI)	JR. CHAMPIONS BJJ AGES 9-15 (GI)	JR. CHAMPIONS BJJ AGES 9-15 (NO GI)	JR. CHAMPIONS WRESTLING AGES 9-15		
6PM	MUAY THAI	BOXING	MUAY THAI	BOXING	MUAY THAI		
7PM	MMA SPARRING	BOXING/SPARRING	MMA SPARRING	BOXING/SPARRING	BOXING/SPARRING		
7:30PM	JIU JITSU ALL LEVELS (GI)	JIU JITSU ALL LEVELS (GI)	JIU JITSU ALL LEVELS (NO GI)	JIU JITSU ALL LEVELS (GI)	JIU JITSU ALL LEVELS (NO GI)		
8:30PM	WRESTLING	CLOSING	ADVANCED JIU JITSU (GI)	ADVANCED JIU JITSU (NO GI)	CLOSING		
9:30PM	CLOSING		CLOSING	CLOSING			

CLOSED ON SUNDAYS

****GTA T-SHIRT OR RASH GUARD REQUIRED FOR ALL CLASSES****

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