



11870 Santa Monica Blvd #102
 Los Angeles, CA 90025
 (310) 584-1700
 info@dynamixmma.com
 WWW.DYNAMIXMMA.COM

Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			Kickboxing				
7:00 AM			*Advanced*				
7:00 AM	Kickboxing	BJJ - GI	Kickboxing	BJJ - NO GI	Kickboxing		
8:00 AM	Fundamentals	All Levels	Fundamentals	All Levels	Fundamentals		
9:30 AM	Kickboxing		Kickboxing		Kickboxing	9:00 - 10:00 AM	
11:00 AM	*Pro Team Training*		*Pro Team Training*		*Pro Team Training*	MMA - Jiu Jitsu	
						All Levels	
11:00 AM		MMA - Wrestling		MMA - Wrestling		MMA - Wrestling	
12:00 PM		All Levels		All Levels		Youth	
12:15 PM	BJJ - GI	Kickboxing	BJJ - NO GI	Kickboxing	BJJ - NO GI	MMA - Wrestling	Kickboxing
1:15 PM	Fundamentals	BJJ - NO GI	Fundamentals	BJJ - NO GI	Open Mat	All Levels	Fundamentals
		^Two separate classes		^Two separate classes			
2:00 PM						Kickboxing	BJJ - NO GI
3:00 PM						All Levels	All Levels
3:30 PM	MMA - Kids		MMA - Kids		MMA - Kids		
4:15 PM	Tikes		Tikes		Tikes		
4:30 PM	MMA - Kids	MMA - Jiu Jitsu - Kids	MMA - Kids	MMA - Jiu Jitsu - Kids	MMA - Kids		
5:15 PM	Youth	Youth	Youth	Youth	Youth		
6:00 PM	BJJ - GI	Kickboxing	MMA - Jiu Jitsu	Kickboxing	MMA - Jiu Jitsu		
7:00 PM	Fundamentals	All Levels	Fundamentals	All Levels	Fundamentals		
7:15 PM	Kickboxing	MMA	Kickboxing	MMA	Kickboxing		
8:15 PM	Fundamentals	Fundamentals	Fundamentals	Fundamentals	Fundamentals		
8:30 PM	Kickboxing	BJJ - GI	Kickboxing	BJJ - NO GI	Self Defense <small>(Budokai)</small>		
9:30 PM	*Advanced*	*Advanced*	*Advanced*	*Advanced*	All Levels		

*Advanced Kickboxing classes are by invitation only

*Advanced BJJ classes are Blue Belt and Up

Schedule subject to change



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6:00 AM 7:00 AM			Kickboxing *Advanced*				
7:00 AM 8:00 AM	Kickboxing Fundamentals	BJJ - GI All Levels	Kickboxing Fundamentals	BJJ - NO GI All Levels	Kickboxing Fundamentals		
9:30 AM 11:00 AM	Kickboxing *Pro Team Training*		Kickboxing *Pro Team Training*		Kickboxing *Pro Team Training*	9:00 - 10:00 AM MMA - Jiu Jitsu All Levels	
11:00 AM 12:00 PM		MMA - Wrestling All Levels		MMA - Wrestling All Levels		MMA - Wrestling Youth	
12:15 PM 1:15 PM	BJJ - GI Fundamentals	Kickboxing BJJ - NO GI <small>^Two seperate classes</small>	BJJ - NO GI Fundamentals	Kickboxing BJJ - NO GI <small>^Two seperate classes</small>	BJJ - NO GI Fundamentals	MMA - Wrestling All Levels	Kickboxing Fundamentals
2:00 PM 3:00 PM						Kickboxing All Levels	BJJ - NO GI All Levels
3:30 PM 4:15 PM	MMA - Kids Tikes		MMA - Kids Tikes		MMA - Kids Tikes		
4:30 PM 5:15 PM	MMA - Kids Youth	MMA - Jiu Jitsu - Kids Youth	MMA - Kids Youth	MMA - Jiu Jitsu - Kids Youth	MMA - Kids Youth		
6:00 PM 7:00 PM	BJJ - GI Fundamentals	Kickboxing All Levels	MMA Fundamentals	Kickboxing All Levels	MMA Fundamentals		
7:15 PM	Kickboxing	MMA	Kickboxing	MMA	Kickboxing		

8:15 PM	Fundamentals	Fundamentals	Fundamentals	Fundamentals	Fundamentals
8:30 PM	Kickboxing	BJJ - GI	Kickboxing	BJJ - NO GI	BUDOKAI <small>(Self-defense)</small>
9:30 PM	*Advanced*	*Advanced*	*Advanced*	*Advanced*	All Levels

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