COMMACK MMA SCHEDULE

COMMACKMMA.COM (631) 462-5000

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-1pm BJJ (All levels)	12-1pm No-Gi BJJ (All levels)	12-1pm BJJ (All levels)	12-1pm No-Gi BJJ (All levels)	12-1pm BJJ (All levels)	10-10:30am Little Champs BJJ (4-6 years old)	10:30am-1pm Open Mat (Appointment only)
4:30-5pm Little Champs BJJ (4-6 years old)	4:30-5pm Little Champs BJJ (4-6 years old)	4:30-5pm Little Champs BJJ (4-6 years old)		4:30-5pm Little Champs BJJ (4-6 years old)	10:30-11:15am Juniors BJJ (7-10 years old)	11:30am -12:30pm Fundamentals BJJ (Blue Room
5-5:45pm Juniors BJJ (7-10 years old)	5-5:45pm Juniors BJJ (7-10 years old)	5-5:45pm Juniors BJJ (7-10 years old)		5-5:45pm Juniors BJJ (7-10 years old)	11:30am-12:30pm Teens BJJ (11-14 years old)	
5:45-6:45pm Teens BJJ (11-14 years old)		5:45-6:45pm Teens BJJ (11-14 years old)		5:45-6:45pm Teens BJJ (11-14 years old)	12:30-1:30pm Advanced BJJ (All Levels)	
7-8pm Fundamentals BJJ (Blue Room)	7-8pm Advanced No-Gi BJJ (Red Room)	7-8pm Fundamentals BJJ (Blue Room)	7-8pm Advanced No-Gi BJJ (Red Room)	7-8pm Adult BJJ (All Levels)		
7-8pm Advanced BJJ (Red Mat Room)	8-9pm Open Mat (Red Mat Room)	7-8pm Advanced BJJ (Red Mat Room)	8-9pm Open Mat (Red Mat Room)	8-9pm Congo Line BJJ (All Levels)		
8-9pm Open Mat (Red Mat Room)	8-9pm Kick-Boxing (Striking Room)	8-9pm Open Mat (Red Mat Room)	8-9pm Kick-Boxing (Striking Room)			