

Training SCHEDULES

www.nolimitsmma.com 949.251.8822

Cardio Kickboxing

Private Classes available anytime of the day and for all levels

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 8:15 AM	Kickboxing w/Dillon		Kickboxing w/Craig		Kickboxing w/Craig
9:00 - 10:00 AM		Kickboxing w/Rob		Kickboxing w/Rob	
10:00-11:15 AM					
12:00 - 1:15 PM	Kickboxing w/Bryce	Kickboxing w/Bryce	Kickboxing w/Bryce	Kickboxing w/Bryce	Kickboxing w/Bryce
1:00 - 2:15 PM					
4:00 - 5:00 PM	Kickboxing w/Rob		Kickboxing w/Rob		Kickboxing w/Rob
5:15-6:30 PM	Fundamental Kickboxing w/Jeff	Fundamental Kickboxing w/Ramiro	Fundamental Kickboxing w/Jeff	Fundamental Kickboxing w/Ramiro	
5:15 - 6:30 PM	Kickboxing w/Craig	Kickboxing	Kickboxing w/Craig	Kickboxing	Kickboxing w/Craig
6:30 - 7:45 PM	Kickboxing w/Craig	Kickboxing w/Rob	Kickboxing w/Craig	Kickboxing w/Rob	Kickboxing w/Craig
7:45 - 9:00pm	Kickboxing w/Bryce	Kickboxing w/Rob	Kickboxing w/Ramiro	Kickboxing w/Rob	
Yoga/Pilates					
Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:30 AM	Yoga/ Pilates w/Elizabeth				Yoga/Pilates w/Elizabeth
7:30 - 8:15 PM		Yoga/ Pilates w/Elizabeth		Yoga/ Pilates w/Elizabeth	

Classic Boxing

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-7:00 PM		Boxing w/Jeremy		Boxing w/Jeremy	
6:30-9:00 PM	Boxing w/Jeremy		Boxing w/Jeremy		Boxing w/Jeremy

Cardio Boxing

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 - 6:30 PM	Cardio Boxing w/ Jeremy		Cardio Boxing w/ Jeremy		Cardio Boxing w/ Jeremy

Muay Thai Program

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 1:15 PM	Muay Thai w/Dillon	Muay Thai(Full Gear) w/Jed	Muay Thai w/Dillon	Muay Thai(full gear) w/Jed	Muay Thai w/Dillon
5:15 - 6:30 PM	Muay Thai w/Dillon	Muay Thai w/Dillon	Muay Thai w/Dillon	Muay Thai w/Dillon	Muay Thai w/Dillon
7:45 - 9:00 PM	Muay Thai w/Jed Lara	Muay Thai w/Jed Lara	Muay Thai w/Jed Lara	Muay Thai w/Jed Lara	

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Brazilian Jiu Jitsu

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 8:15 AM	Judo w/ ED (all levels)		Jiu Jitsu (Gi) w/Adriano(all levels)		Jiu Jitsu (Gi) w/Adriano(all levels)
9:00 - 9:45 AM					
10:00 - 11:15 AM					
11:15-12:30 PM					
12:00 - 1:15PM		Jiu Jitsu (Gi) w/Juliano(all levels)		Jiu Jitsu (Gi) w/Juliano (all levels)	
4:00- 5:15 PM	Jiu Jitsu (No Gi) (all levels)	Jiu Jitsu (Gi) (all levels)	Jiu Jitsu (No Gi)(all levels)	Jiu Jitsu (GI)(all levels)	Jiu Jitsu (No Gi)(all levels)
5:15 - 6:30 PM	Jiu Jitsu (Gi) Fundamentals w/Juliano&Adriano	Jiu Jitsu (No Gi) Fundamentals	Jiu Jitsu (Gi) Fundamentals w/Juliano&Adriano	Jiu Jitsu (No Gi) Fundamentals	Jiu Jitsu (Gi) Fundamentals w/Juliano&Adriano
6:30-7:45 PM	Jiu Jitsu (Gi) Advanced Live Training w/Juliano	Jiu Jitsu (No Gi) Advanced Live Training	Jiu Jitsu (Gi) Advanced Live Training w/Juliano	Jiu Jitsu (No Gi) Advanced Live Training	Jiu Jitsu(Gi) Advanced Live Training w/Juliano
7:45 - 9:00 PM	Jiu Jitsu (No Gi)	Judo w/ED (all levels)	Jiu Jitsu (No Gi)	Judo w/ED (all levels)	

Wrestling Program

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-12:00 PM					
6:30-7:30 PM		Adult Wrestling w/Hector		Adult Wrestling w/Hector	

MMA Program (mouthpiece required for training)

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 12:00 AM	MMA w/Juliano	MMA w/Juliano	MMA w/Juliano	MMA w/Juliano	MMA w/Juliano
5:30-6:30 PM	Juliano/Mario	Rob/Mario	Juliano/Mario	Rob/Mario	Juliano/Mario

Kids Program

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 12:00 PM					
10:00-11:15am					
10:00 - 11:15 AM					
4:00 - 5:15 PM	Kick Boxing w/Bryce		Kick Boxing w/Bryce		Kick Boxing w/Bryce
5:15 - 6:30 PM	Boxing w/ Alan Kemp (8 yrs +)	Boxing w/Alan Kemp(8 yrs +)	Boxing w/Alan Kemp(8 yrs +)	Boxing w/ Alan Kemp(8 yrs +)	Boxing w/ Alan Kemp (8 yrs +)
5:15 - 6:30 PM	Jiu Jitsu (Gi) (All Ages)		Jiu Jitsu (Gi) (All Ages)		Jiu Jitsu (Gi) (All Ages)

5:15-6:30 PM	Wrestling w/Hector		Wrestling w/Hector		
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