

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

Classic **Boxing**

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

Advanced **Boxing**

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:45 PM	Adv Boxing w/ Mario	Adv Boxing w/ Mario	Adv Boxing w/ Mario			

Muay Thai **Program**

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Saturday
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						Judo w/ED (all levels)
10:00 - 11:15 AM						Jiu Jitsu (Gi) Fundamentals w/Juliano
11:15-12:30 PM						Jiu Jitsu (Gi) Advanced Live Training
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	Saturday
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	Saturday
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	Saturday
10:00 - 12:00 PM						
10:00-11:15am						
10:00 - 11:15 AM						Jiu Jitsu (Gi) (All Ages)
4:00 - 5:15 PM	Kick Boxing w/Bryce		Kick Boxing w/Bryce		Kick Boxing w/Bryce	
5:15 - 6:30 PM	Boxing (8 yrs +)	Boxing (8 yrs +)	Boxing (8 yrs +)	Boxing (8 yrs +)	Boxing (8 yrs +)	
5:15 - 6:30 PM	Jiu Jitsu (Gi) (All Ages)	Wrestling w/Hector	Jiu Jitsu (Gi) (All Ages)	Wrestling w/Hector	Jiu Jitsu (Gi) (All Ages)	