

Finney's Schedule

(314) 961-1177

www.finneysmma.com

MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
6:30 AM Strength & Conditioning (Room 2)		6:30 AM Strength & Conditioning (Room 2)		6:30 AM Strength & Conditioning (Room 2)		
7-8:30am MMA Class (Room 1)	7-8:30am MMA Class (Room 1)	7-8:30am MMA Class (Room 1)	7-8:30am MMA Class (Room 1)		8:45-10:00am MMA Training (Invite Only) (Room 2)	
9:00-10:30am MMA Training (Invite Only) Wrestling (Room 1)	9:00-10:00am MMA Training (Invite Only) Kickboxing (Room 1)	9:00-10:30am MMA Training (Invite Only) Jiu-Jitsu (Room 1)	9:00-10:00am MMA Training (Invite Only) Kickboxing (Room 1)	9:00-10:30am MMA Training (Invite Only) Sparring (Room 1)		
	10:00 AM Strength & Conditioning (Invite Only) (Room 2)		10:00 AM Strength & Conditioning (Invite Only) (Room 2)		9:00-9:45am Mini Finney's (Room 1)	12-1:30pm MMA Class (Room 1)
11:00 AM Strength & Conditioning (Room 2)		11:00 AM Strength & Conditioning (Room 2)		11:00 AM Strength & Conditioning (Room 2)	10-11:15am BJJ Class Beginner (Room 2)	
11:30-1:00 pm BJJ Class All Levels (Room 1)	12-1:00 pm COED Kickboxing & Boxing Class (Room 1)	11:30-1:00 pm BJJ Class All Levels (Room 1)	12-1:00 pm COED Kickboxing & Boxing Class (Room 1)		11:15-12:15pm COED Kickboxing & Boxing Class (Room 1)	
3:30-5:15pm MMA Training (Invite Only) Kickboxing (Room 1)	3:30-5:00pm MMA Training (Invite Only) Wrestling (Room 1)	3:30-5:15pm MMA Training (Invite Only) Kickboxing (Room 1)	3:30-5:00pm MMA Training (Invite Only) Wrestling (Room 1)		11:30-1:00pm MMA Class (Room 2)	
	4:30-5:15pm Mini Finney's (Room 1)		4:30-5:15pm Mini Finney's (Room 1)	4:30-6:00pm Beginner Sparring (Room 1)		
5:15-6:30pm BJJ Class Advance (Room 2)	5-6:15pm BJJ Class Advance (Room 2)	5:15-6:30pm BJJ Class Advance (Room 2)	5-6:15pm BJJ Class Advance (Room 2)			
5:30-6:30pm Men's Kickboxing & Boxing Class (Room 1)	5:30-6:30pm COED Boxing (Room 1)	5:30-6:30pm Men's Kickboxing & Boxing Class (Room 1)	5:30-6:30pm COED Boxing (Room 1)	6:00-7:30pm MMA Class (Room 1)		
6:30-7:30pm Womens Kickboxing & Boxing Class (Room 1)	6:30-7:30pm COED Kickboxing & Boxing Class (Room 1)	6:30-7:30pm Womens Kickboxing & Boxing Class (Room 1)	6:30-7:30pm COED Kickboxing & Boxing Class (Room 1)			
6:30-7:45pm BJJ Class Beginner (Room 2)	6:30-7:45pm BJJ Class Beginner (Room 2)	6:30-7:45pm BJJ Class Beginner (Room 2)	6:30-7:45pm BJJ Class Beginner (Room 2)			
7:30-9:00pm MMA Class (Room 1)		7:30-9:00pm MMA Class (Room 1)				

Invite Only Classes