

Finney's Schedule

(314) 821-1144

www.finneysmma.com

MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
					8:30-10:00am Gi Jiu-Jitsu (Room 2)	
					9:00-9:45am Kids Boxing, Kickboxing & Jiu- jitsu (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 No Gi Jiu-Jitsu (Room 2)	
11:30-12:30 pm BJJ Class All Levels (Room 1)	12-1:00pm COED Kickboxing & Boxing Class (Room 1)	11:30-12:30 pm BJJ Class All Levels (Room 1)	12-1:00pm COED Kickboxing & Boxing Class (Room 1)		10:15-11:15am COED Boxing Class (Room 1)	12-1:30pm MMA Class (Room 1)
					11:15-12:15pm COED Kickboxing Class (Room 1)	
4:30-5:15pm Kids Gi Jiu-jitsu (Room 1)	4:30-5:15pm Kids Boxing & Kickboxing (Room 1)	4:30-5:15pm Kids Gi Jiu-jitsu (Room 1)	4:30-5:15pm Kids Boxing & Kickboxing (Room 1)	4:30-5:30pm Beginner Sparring (Room 1)	11:15-12:15pm Womens Jiu-jitsu (Room 1)	
5:30-6:45pm Gi Jiu-Jitsu (Room 2)	5:30-6:45pm No Gi Jiu-Jitsu (Room 2)	5:30-6:45pm Gi Jiu-Jitsu (Room 2)	5:30-6:45pm No Gi Jiu-Jitsu (Room 2)	5:45-6:45pm COED Kickboxing & Boxing Class (Room 1)		
5:30-6:30pm COED Kickboxing & Boxing Class (Room 1)	5:30-6:30pm COED Boxing (Room 1)	5:30-6:30pm COED Kickboxing & Boxing Class (Room 1)	5:30-6:30pm COED Boxing (Room 1)	6:15-7:15pm Open Mat (Room 2)		
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)			
6:45-7:45pm No Gi Beginners Jiu-Jitsu (Room 2)	6:45-7:45pm Gi Jiu-Jitsu (Room 2)	6:45-7:45pm No Gi Beginners Jiu-Jitsu (Room 2)	6:45-7:45pm Gi Jiu-Jitsu (Room 2)			
7:45-9:00pm MMA Wrestling Training (Room 1)	7:45-9:00pm MMA Standup Training (Room 1)	7:45-9:00pm MMA Wrestling Training (Room 1)	7:45-9:00pm MMA Standup Training (Room 1)			

Invite Only Classes