

# Daily Schedule

CANTON  
**VICTORY**  
MIXED MARTIAL ARTS

## MONDAY

**5:30pm - 6:30pm KIDS TAE KWON DO**

**6:00pm - 6:30pm Strong Blood Fitness**

**6:45pm - 8:00pm MMA**

## TUESDAY

**5:45pm - 7:00pm Stand Up Striking**

**7:00pm - 8:00pm NO GI SUBMISSION GRAPPLING**

## WEDNESDAY

### MORNING

**10:00am - 11:30am NO GI SUBMISSION GRAPPLING**

### EVENING

**5:30pm - 6:15pm KIDS MMA**

**6:00pm - 7:00pm MMA**

**7:00pm - 8:00pm Strong Blood Fitness**

**7:00pm - 8:00pm GI SUBMISSION GRAPPLING**

## THURSDAY

**5:30pm - 6:30pm KIDS TAE KWON DO**

**6:45pm - 8:00pm NO GI SUBMISSION GRAPPLING**

## FRIDAY

**5:15pm - 6:30pm Adult Tae Kwon Do**

**5:30pm - 7:00pm Sparring (Speak with coach before attending)**

**6:30pm - 7:30pm GI SUBMISSION GRAPPLING**

**7:00pm - 7:30pm Strong Blood Fitness**

## SATURDAY

### MORNING

**10:30am - 11:15am Strong Blood Fitness**

**11:15am - 12:15pm OPEN MAT SUBMISSION GRAPPLING**

**WARRIORS**