https://the-mma-group.com James@the-mma-group.com 936-219-0237

The Mixed Martial Arts Center

Troy Dorsey Kickboxing Organization (TDKO)

Ricardo Evangelista Jiu-jitsu (GFTeam)

- After School program
- Self-Discipline
- Improve Social Skills
- Improve Mental Stamina
- Learn to be comfortable in an uncomfortable situation
- Self Defense
- Better Coordination
- Increase Flexibility
- Full Body Workout
- Confidence booster
- Stress Relief

Schedule Template:
(K) = 5-12 yrs. old
(A) = 13 and up

Littles= 3,4,&5 year olds
BJJ = Brazilian Jiu-Jitsu
TDKO= Troy Dorsey Kickboxing Org.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2pm-3pm	(K)BJJ	(K)TDKO	(K)BJJ	(K)TDKO	Private Lessons	Private Lessons
5-6pm	(K)TDKO	(K)BJJ	(K)TDKO	(K)BJJ	5pm-sparring Little's Class 6:30-7:30pm	Private Lessons Available
6-7pm	(K)BJJ	(K)TDKO	(K)BJJ	(K)TDKO		
7-8:30pm	(A)BJJ (Gi)	(A)BJJ	(A)BJJ (Gi)	(A)BJJ	6-8pm Family BJJ	Private Lessons
8:30-9:15pm	(A)TDKO	(A)TDKO	(A)TDKO	(A)TDKO		

1300 Hwy 90, Dayton, TX 77535

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