

MONDAY

7am
Jiu Jitsu Open Mat

8:30am
Extreme Fit Bag Class

12pm
Extreme Fit Bag Class

3:15pm
Kids (6-11) Jiu Jitsu w/gi

4pm
Kids MMA 6-11yrs.(Blue)
Kids MMA 12-16 yrs (Red)

6pm
Extreme Fit Bag Class

6pm
Boxing - Advanced

6pm
Boxing
Beginner/Intermediate

7pm
MMA Sparring
All Levels

7pm
Jiu Jitsu

7pm
Fight Team

TUESDAY

7am
Jiu Jitsu MMA

8:30am
Extreme Fit Bag Class

9:30am
MMA Fit Circuit

11am
Jiu Jitsu w/gi

12pm
Extreme Fit Bag Class

4pm
Kids MMA 6-11yrs (Red)
Teen MMA 12-16yrs (Blue)

5pm
Teen(12-16) Jiu Jitsu w/gi

6pm
Extreme Fit Bag Class

6pm
Bas MMA System
All Levels

7pm
Muay Thai - Advanced

7pm
Jiu Jitsu MMA

7pm
Fight Team

WEDNESDAY

7am
Jiu Jitsu Open Mat

8:30am
Extreme Fit Bag Class

12pm
Extreme Fit Bag Class

3:15pm
Kids (6-11) Jiu Jitsu w/gi

4pm
Kids MMA 6-11yrs.(Blue)
Teen MMA 12-16yrs. (Red)

6pm
Extreme Fit Bag Class

6pm
Boxing - Advanced

7pm
Muay Thai Sparring
Beginner & Intermediate

7pm
Jiu Jitsu w/gi

7pm
Fight Team

THURSDAY

7am
Jiu Jitsu MMA

8:30am
Extreme Fit Bag Class

9:30am
MMA Fit Circuit

11am
Jiu Jitsu w/gi

12pm
Extreme Fit Bag Class

4pm
Kids MMA 6-11yrs. (Red)
Teen MMA 12-16yrs. (Blue)

5pm
Teen(12-16) Jiu Jitsu w/gi

6pm
Extreme Fit Bag Class

6pm
Bas MMA System
All Levels

7pm
Muay Thai - Advanced

7pm
Jiu Jitsu MMA

7pm
Fight Team

FRIDAY

7am
Jiu Jitsu Open Mat

8:30am
Extreme Fit Bag Class

12pm
Extreme Fit Bag Class

4pm
Kids MMA all ages

6pm
Boxing-
Beginner/Intermediate

7pm
Muay Thai Beginner &
Intermediate

7pm
Jiu Jitsu w/gi

7pm
Fight Team

SATURDAY

10am
Extreme Fit Bag Class

10am
Kids MMA all ages (Red)

11am
Muay Thai Kickboxing

11am
Jiu Jitsu w/gi

Elite MMA Class Schedule:

Class Location:
BLUE room | **RED** room

(805) 496-4472

elitemmagym.com
880 Hampshire Rd. Suite X
Westlake Village, CA



HOURS OF OPERATIONS

MONDAY - FRIDAY
7:00am To 9:00pm

SATURDAY
10:00am to 2:00pm

For the most up-to-date Schedule check out: elitemmagym.com