



1625 N. Main Street -- Summerville, SC 29486 -- 843-873-2727 -- www.boldfitnessinsc.com

BOLD FITNESS and BLACK FORCE MMA CLASS SCHEDULE

TIME	M	T	W	TH	F
12:00 PM	Cardio Kickboxing Dwight		Cardio Kickboxing Dwight		
3:00 PM to 6:00 PM	After School NINJA Homework and Jiu-Jitsu	After School NINJA Homework and Judo	After School NINJA Homework and Gymnastics	After School NINJA Homework and NINJA	After School NINJA Homework and Anti Bullying
5:30 PM	See Bold Fitness schedule for membership classes	See Bold Fitness schedule for membership classes	See Bold Fitness schedule for membership classes	See Bold Fitness schedule for membership classes	Ladies Self Defense Dion
6:30 PM	See Bold Fitness schedule for membership classes	See Bold Fitness schedule for membership classes	See Bold Fitness schedule for membership classes	See Bold Fitness schedule for membership classes	KIDS Taekwondo Kirk
7:30 PM	KIDS NINJA Dion	KIDS Taekwondo Kirk	KIDS Brazilian Jiu Jitsu w/GI Dwight	KIDS Taekwondo Kirk	KIDS NINJA Dion
8:30 PM	Brazilian Jiu Jitsu w/GI Kirk	Judo Dion	Judo Dion		

Last Updated 8/31/19

TAEKWONDO: Characterized by its emphasis on head-height kicks, jumping and spinning kicks and fast kicking techniques. Many health benefits and self defense are found in Taekwondo.

JUDO: The art of falling, rolling, throwing and newaza (ground fighting). Many health benefits, including cardio and strength, and self defenses are found in Judo.

JIU JITSU: Learn the skill of ground fighting using joint manipulations and chokes. Many strength and health benefits including self defense and anti bullying are found in Jiu Jitsu.

BUSINESS HOURS	
Monday - Friday	8am - 8pm
Saturday	8am - 5pm
Sunday	Noon - 5pm

CHILDCARE HOURS	
Monday-Friday	8:30am - Noon
	4pm - 8pm
Saturday	9am - Noon

2 classes per week	\$ 109.00	Monthly	
Kids Unlimited	\$ 109.00	Monthly	Unlimited memberships include access to the BLACK FORCE ACADEMY and all of their classes - see other side for schedule
Unlimited	\$ 139.00	Monthly	

BLACK FORCE MMA



200 Varnfield Drive Unit D -- Summerville, SC 29483 -- 419-957-4741 -- www.blackforcemma.com

BLACK FORCE MMA CLASS SCHEDULE

MONDAY	MMA (all disciplines)	<u>9:00 - 10:00 AM</u>
	Taekwondo	<u>11:00 - 12:00 PM</u>
	Taekwondo	5:30 - 6:30 PM
	Strength and Fitness	5:45 - 6:30 PM
	Brazilian Jiu-Jitsu	6:30 - 8:00 PM
	MMA (all disciplines)	8:00 - 9:00 PM
TUESDAY	Kickboxing	<u>9:00 - 10:00 AM</u>
	Brazilian Jiu-Jitsu	<u>10:00 - 11:00 AM</u>
	Kids Taekwondo	5:15 - 6:00 PM
	Kids Brazilian Jiu-Jitsu	6:00 - 7:00 PM
	Brazilian Jiu-Jitsu	7:00 - 8:30 PM
WEDNESDAY	Taekwondo	<u>9:00 - 10:00 AM</u>
	MMA (all disciplines)	<u>11:00 - 12:00 PM</u>
	Taekwondo	5:30 - 6:30 PM
	Cardio Kickboxing	5:45 - 6:30 PM
	Kickboxing	6:30 - 7:30 PM
	Muay Thai	7:30 - 8:30 PM
THURSDAY	Kickboxing	<u>9:00 - 10:00 AM</u>
	Boxing	<u>10:00 - 11:00 AM</u>
	Kids Taekwondo	5:15 - 6:00 PM
	Kids Brazilian Jiu-Jitsu	6:00 - 7:00 PM
	Brazilian Jiu-Jitsu	7:00 - 8:00 PM
	Beginner Boxing	7:00 - 8:00 PM
FRIDAY	<u>Brazilian Jiu-Jitsu</u>	<u>10:00 - 11:00 AM</u>
	Competition Brazilian Jiu-Jitsu (kids and adults)	5:30 - 7:00 PM
SATURDAY	Kids Brazilian Jiu-Jitsu	<u>9:00 - 10:00 AM</u>
	Brazilian Jiu-Jitsu	<u>10:00 - 11:30 AM</u>
	MMA (all disciplines)	<u>11:30 - 12:30 PM</u>
	Judo	<u>12:30 - 1:30 PM</u>
SUNDAY	<u>Judo</u>	<u>12:00 - 1:00 PM</u>

BLACK FORCE MMA PRICING

Kids Unlimited	\$109.00	Monthly
2 classes per week	\$109.00	Monthly
Unlimited	\$139.00	Monthly