



**ULTIMATE
SELF DEFENSE**



Jiu-Jitsu
Kickboxing
Boxing
Grappling
Pilates

(561) 368-3111

4301 N. Federal Highway

Boca Raton, FL 33431

www.BocaMMA.com

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grappling Adults 6:30-8:00am		Grappling Adults 6:30-8:00am		Grappling Adults 6:30-8:00am	Open Mat Grappling Kickboxing 11:00-1:00pm
Grappling Adults 11:00-12:00pm	Kickboxing Adults 11:00-12:00pm	Grappling Adults 11:00-12:00pm	Kickboxing Adults 11:00-12:00pm	Grappling Adults 11:00-12:00pm	Scheduled Privates Appointments only - All Day
Private Instruction Call to set up an Appointment 12:00-5:30pm	Private Instruction Call to set up an Appointment 12:00-5:30pm	Private Instruction Call to set up an Appointment 12:00-5:30pm	Private Instruction Call to set up an Appointment 12:00-5:30pm	Private Instruction Call to set up an Appointment 12:00-5:30pm	
Grappling Adults 5:30-6:30pm	Grappling Adults 5:30-6:30pm	Grappling Adults 5:30-6:30pm	Grappling Adults 5:30-6:30pm	Grappling Adults (Gi Only) 5:30-6:30pm	
Grappling Adults 6:30-7:30pm	Grappling Adults 6:30-7:30pm	Grappling Adults (Gi Only) 6:30-7:30pm	Grappling Adults 6:30-7:30pm	Grappling Adults 6:30-7:30pm	
Kickboxing Adults 7:30-8:30pm	Ultimate Fighting Adults 7:30-8:30pm	Kickboxing Adults 7:30-8:30pm	Ultimate Fighting Adults 7:30-8:30pm	Kickboxing Adults 7:30-8:30pm	

- *Show up 15 minutes before your class starts*
- *All classes are no-gi except those marked*
- *No Gi classes wear your ranked ATT Shirt!*

ATT merchandise and gear can be purchased at Our Pro Shop

