



AMOROSI'S
MIXED MARTIAL ARTS

615 S. Livingston Ave, Livingston, NJ 07039

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Amorosi's Mixed Martial Arts

Class Schedule 11/6/17

Category/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pee Wee		5:00pm		5:00pm		9:00am
Child & Junior Karate		6:30pm	5:00pm	6:30pm		10:30am
Child & Junior MMA		*5:30pm	*6:00pm	*5:30pm		*11:30am
Adult Karate		7:30pm	*8:30pm	7:30pm		9:30am
Adult MMA		*8:30pm	*7:30pm	*8:30pm		*9:30am
Kata						
Self-Defense			*7:00pm All Ranks			
MartialXross		6:00am		6:00am		6:00am

- *Participation Requires BBC Membership
- MartialXross: a 30 min hybrid total body cross training workout utilizing martial arts, weights, calisthenics, yoga and meditation. Three levels of intensity: beginner-no to very little fitness level, Intermediate-very good to great fitness level, Advanced-high fitness level, to pro athlete, also perfect for personal trainers who want a new challenge. Ages: 5 & up.
- Private Lessons/Training Available –Time duration and training content can be customized. Contact AMMA for scheduling.