



Martial Arts Class Schedule
 821 Texas St. Fairfield, CA 94533
 info.train4life@gmail.com
 (707)439-8897 www.Train4Life.info



MONDAY & WEDNESDAY

Mat A

Mat B

9

Boxing

9

Private
Lessons
Available

430

4-7yr olds
Kaju

430

8-12yr old
Kaju

530

13 and up
Adv. Kaju

530

7-12yr old
Gi
Jiu Jitsu

630

Level 1
Kickboxing

630

No Gi
Jiu Jitsu

730

Level 2
Kickboxing

730

Wrestling

830

Open Spar

830

Open Roll

TUESDAY & THURSDAY

Mat A

Mat B

9

Kickboxing

9

Private
Lessons
Available

430

4-7yr old
Kaju

430

7-12yr old
Kickboxing

530

8-12yr old
Kaju

530

7-12yr olds
Boxing

630

Level 1
Boxing

630

Gi
Jiu Jitsu

730

Level 2 Boxing

730

Wrestling

830

Open Spar

830

Open Roll

FRIDAY

Mat A

Mat B

9

Private
Lessons
Available

9

Private
Lessons
Available

5

WKF Elite
Sport Karate

5

Youth Boxing
& Kickboxing
Team

6

Open Mat

6

Open Mat

SATURDAY

Mat A

Mat B

9

Free Women
Self Defense class

10

Nobody MMA
Fight Team

PRIVATE LESSONS FAMILY
PACKAGES MILITARY &
FIRST RESPONDER
DISCOUNTS AVAILABLE

SCAN QR FOR
FREE TRIAL

