



## **Lloyd Irvin Mixed Martial Arts MMA & BJJ Foundations Schedule**

6333 Old Branch Ave. Suite 302  
Campsprings, MD 20748

**301-449-KICK (5425)**

[www.LloydIrvinLive.com](http://www.LloydIrvinLive.com)

**The Lloyd Irvin Martial Arts System** is an exciting mix of boxing, kickboxing, wrestling, and Brazilian Jiu Jitsu! In the Mixed Martial Arts class, you will be learning the how to defend yourself and get into great shape. This class is also very beginner friendly and anyone can jump in. We have men and women of all ages, from 18 to 60, and of all fitness levels starting up in our Mixed Martial Arts Program.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	MIXED MARTIAL ARTS COMBAT ATHLETE ROOM	MIXED MARTIAL ARTS COMBAT ATHLETE ROOM	MIXED MARTIAL ARTS COMBAT ATHLETE ROOM	MIXED MARTIAL ARTS COMBAT ATHLETE ROOM		
10:00 AM						BRAZILIAN JIU JITSU MAIN MAT
10:30 AM	BRAZILIAN JIU JITSU MAT 1	BRAZILIAN JIU JITSU MAT 1	BRAZILIAN JIU JITSU MAT 1	BRAZILIAN JIU JITSU MAT 1		
6:30 PM	MIXED MARTIAL ARTS MAT 1	BRAZILIAN JIU JITSU MAT 1	MIXED MARTIAL ARTS MAT 1	BRAZILIAN JIU JITSU MAT 1		
7:00 PM	BRAZILIAN JIU JITSU MAIN MAT	MIXED MARTIAL ARTS MAIN MAT	BRAZILIAN JIU JITSU MAIN MAT	MIXED MARTIAL ARTS MAIN MAT		
7:30 PM		Womens Only Brazilian Jiu Jitsu MAT 4		Womens Only Brazilian Jiu Jitsu MAT 4		
8:30 PM	MIXED MARTIAL ARTS MAT 2		MIXED MARTIAL ARTS MAT 2			