



Monday	
5:15 PM - 6:30PM	BJJ Fundamentals
6:30PM - 7:30PM	Adult Boxing
7:45PM - 8:45PM	Adult BJJ
Tuesday	
11:00AM - 12:00PM	Adult BJJ
5:30PM - 6:30PM	Youth BJJ
6:30PM - 7:30PM	Adult BJJ (No-Gi)
8:00PM - 9:00PM	Muay Thai Kickboxing
Wednesday	
4:00PM - 5:00PM	Adult BJJ
5:30PM - 6:30PM	Youth Striking & MMA
6:30PM - 7:30PM	Adult Boxing
7:45PM - 8:45PM	Adult BJJ (No-Gi)
Thursday	
11:00AM - 12:00PM	Adult BJJ
5:30PM - 6:30PM	Youth BJJ
6:30PM - 7:30PM	Adult BJJ
8:00PM - 9:00PM	Muay Thai Kickboxing
Friday	
5:15 PM - 6:30PM	BJJ Fundamentals
6:30PM - 7:30PM	Adult Boxing
Saturday	
8:30AM - 9:30AM	Women's BJJ & Self Defense
10:00AM - 11:00AM	Youth BJJ
11:00AM - 11:30AM	Youth Competition Training
11:30AM - 12:30AM	The Lab (Advanced BJJ)
Sunday	
11:00AM - 12:00PM	Open Mat

Brazilian Jiu-Jitsu (BJJ): Also known as Gracie Jiu-Jitsu through the legendary family's lineage, is a grappling based martial art focused on using technique and leverage to negate an opponent's use of strikes. Our Fundamentals classes are structured for beginners though all of our classes are mixed levels. No-Gi classes feature many of the same techniques without the use of the traditional uniform (Gi/Kimono).

Muay Thai (Thai Boxing): The Thai art is a very powerful ring fighting method, yet is also an excellent form of physical conditioning and street self-defense. It is commonly referred to as "the art of 8 limbs" incorporating punches, elbows, knees and the powerful Thai style of kicking. BCMA is proud to be the Thai Boxing Association of America's affiliate academy for the Southern Tier.

Boxing: Known as "the sweet science", Boxing is one of the oldest forms of competition. Boxing's simplistic method has few techniques, yet the application of these techniques is the true art and science of this popular sport. Combining personal fitness and self defense training, our staff will show you why this has increasingly become the sport of choice for many people.

Youth BJJ: Our youth program teaches the same Brazilian Jiu-Jitsu techniques as our adult classes in a positive, clean, and safe environment with qualified, experienced instructors. Your child will develop focus, confidence, motor skills, positive attitude, and respect for themselves and others.

Open Mat/Open Gym: These are times where the facility will be open for students to come in and work techniques or drills with other students. Often a coach will be available to help students, though there is no structured class. These sessions are free for all students. Students are asked to sign in for open mat/open gym sessions, though they do not count toward a student's classes regarding membership.