



# NEXT GENERATION MMA - SCHEDULE

WWW.MMACLUB.IE

01 -2762028

mmadeansgrange@gmail.com

Day	Class Type	Details	Time	DROP INS ?
Monday	Next Gen 101	1.5 hour <b>Sanda striking</b> developing long range striking mixed with catching and throwing  1 hour <b>BJJ</b> drilling escapes, passes, sweeps and submissions	6.30 - 9pm	YES
Tuesday	MMA	Technical work transitioning from Striking to Clinch to ground!	7.00 - 8.30pm	NO
Wednesday	BJJ	Drilling and positional awareness, rounds of rolling. Mandatory for competitors!	7.00- 8.15pm	YES
	Sparring	Putting all striking techniques into practice, fight practice and gradually increasing resistance and decreasing cooperation between partners. Mandatory for competitors!	8.15 - 9.00pm	NO
Thursday	Next Gen 101	1 hour <b>Kickboxing striking</b> developing punch, kick, knee and elbow combinations, movement and defences  1 hour <b>BJJ</b> drilling escapes, passes, sweeps and submissions	7pm - 9pm	YES

## ***Fees = €60/mth***

Ask about any special offer available!  
€50/mth for under 18's, students and unemployed.

### **Other costs**

Annual personal accident insurance is due on joining - €20 p/a

**Drop in Rates:** €15 per evening (*Any drop in fees paid will be deducted from your 1<sup>st</sup> months fees!*)

\*You must have your own Protective equipment and next generation uniforms! E.g. Groin box, gum guard, shin pads, headgear and sparring gloves! Rash guards & Shorts.

***All classes are suitable for adults and teens (15+) experienced and beginners alike.***

*If you are looking to compete as an amateur or professional, want to learn self-defence martial arts skills, or simply increase your strength and fitness our club is for you! You will have access to Brazilian Jujitsu Grading as overseen by world Champion Chris Brennan, you can also avail of Kickboxing grades and compete in many martial arts platforms such as K1, Kickboxing, Sanda, BJJ and MMA. Even if you have no urge to compete you will find a place in our club, we offer high quality training in a welcoming environment!*