

MARTIAL ARTS

FALL 2022 CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
BRUIN SELF DEFENSE 12:00-1:00PM, BLUE ROOM, (CRYSTAL)	BOXING WORKOUT 7:00-7:45AM, BLUE ROOM, (RAUL)	BOXING WORKOUT 7:00-7:45AM, BLUE ROOM, (RAUL)	BRUIN SELF DEFENSE 12:00-1:00PM, BLUE ROOM, (CRYSTAL)	HAPKIDO 1:00-2:30PM, BLUE ROOM, (PAUL)
KICKBOXING - MUAY THAI 3:00-4:00PM, BLUE ROOM, (PAUL)	KICKBOXING WORKOUT 8:00-8:45AM, BLUE ROOM, (RAUL)	KICKBOXING WORKOUT 8:00-8:45AM, BLUE ROOM, (RAUL)	BOXING 4:00-5:00PM, GOLD ROOM, (PAT)	MMA STRIKING 1:00-2:00PM, BLUE ROOM, (GEORGE)
MIXED MARTIAL ARTS 4:00-5:00PM, BLUE ROOM, (RAUL)	BOXING 4:00-5:00PM, GOLD ROOM, (PAT)	KICKBOXING - MUAY THAI 3:00-4:00PM, BLUE ROOM, (PAUL)	MIXED MARTIAL ARTS 5:00-6:00PM, BLUE ROOM, (PAT)	APPLIED MARTIAL ARTS 2:00-3:00PM, BLUE ROOM, (PAUL)
SUBMISSION WRESTLING 5:00-6:00PM, BLUE ROOM, (RAUL)	MIXED MARTIAL ARTS 5:00-6:00PM, BLUE ROOM, (PAT)	INDONESIAN SILAT 4:00-5:00PM, BLUE ROOM, (JANEL)	BRAZILIAN JIU-JITSU 6:00-7:00PM, BLUE ROOM, (PAT)	JUDO 3:00-4:00PM, BLUE ROOM, (KENJI)
KICKBOXING - SAVATE 5:30-6:30PM, GOLD ROOM, (CRYSTAL)	BRAZILIAN JIU-JITSU 6:00-7:00PM, BLUE ROOM, (PAT)	KALI - PEKITI TIRSIA METHOD 5:00-6:00PM, BLUE ROOM, (JANEL)		
KICKBOXING - SANDA 6:00-7:00PM, BLUE ROOM, (RAUL)		BRUIN SELF DEFENSE *FREE TO ATTEND* 5:15-6:45PM, YATES GYM, (VINCENT & CRYSTAL)		
BOXING 6:30-7:30PM, GOLD ROOM, (VINCENT)		KICKBOXING - JEET KUNE DO 6:30-7:30PM, GOLD ROOM, (VINCENT)		
CAPOEIRA - FUNDAMENTAL MOVES 7:00-7:45PM, BLUE ROOM, (BRUNO)		DANZAN RYU JIU JITSU 7:00-8:15PM, BLUE ROOM, (HILLARY)		
KALI - INOSANTO METHOD 7:30-8:30PM, GOLD ROOM, (VINCENT)		BOXING 7:30-8:30PM, GOLD ROOM, (VINCENT)		
CAPOEIRA - MUSIC AND PLAY 7:45-8:30PM, BLUE ROOM, (BRUNO)				

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All UCLA Martial Arts classes are open to participants of all skill levels!

OPEN MAT TRAINING

Free to participate

Mon - Fri 1-3 pm / Saturday 2-4 pm
Blue Room



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