

# MARTIAL ARTS

## WINTER 2023 CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
BOXING 12:00-1:00PM, BLUE ROOM, (RAUL)*	BOXING WORKOUT 7:00-7:45AM, BLUE ROOM, (RAUL)	BOXING WORKOUT 7:00-7:45AM, BLUE ROOM, (RAUL)	KICKBOXING-SANDA 12:00-1:00PM, BLUE ROOM, (RAUL)	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 INT 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 3:00-4:30PM, 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)	<div> <h3>MARTIAL ARTS PASS</h3> <p>Save hundreds of dollars with the martial arts pass and drop into any class, any time you want!</p> <p><b>Cost: \$99/quarter</b> Unlimited — all classes available on pass</p> <p>Purchase your Martial Arts Pass online at: <a href="https://recreation.ucla.edu/martialarts">recreation.ucla.edu/martialarts</a></p> <p>All UCLA Martial Arts classes are open to participants of all skill levels!</p> <h3>OPEN MAT TRAINING</h3> <p>Free to participate <b>Mon - Fri 1-3 pm / Saturday 2-4 pm</b> Blue Room</p> </div>	
KICKBOXING - SANDA 6:00-7:00PM, BLUE ROOM, (RAUL)*		BRUIIN 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 INT 6:30-7:30PM, GOLD ROOM, (VINCENT)		
CAPOEIRA - FUNDAMENTAL MOVES 7:30-8:30PM, 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 INT 7:30-8:30PM, GOLD ROOM, (VINCENT)		

\*No classes on  
1/16/23 & 2/20/23 (Mon)



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