STRONG STYLE
Adult Class Schedule

New Schedule! Starts Monday, March 2nd

Monday
- Athletics 6a-6:45a
- Athletics 9a-9:45a
- No-Gi Jiu-Jitsu 11a-12p
- Gi Jiu-Jitsu 12p-1p
- Athletics 12p-12:45p
- Kickboxing 12p-12:45p
- No-Gi Jiu-Jitsu 4p-5p
- Boxing 4p-4:45p
- Athletics 4p-4:45p
- Athletics 5p-5:45p
- Boxing 5p-5:45p
- Women's No-Gi Jiu-Jitsu 5p-5:45p ★
- Athletics 6p-6:45p
- Boxing Fundamentals 6p-6:45p ★
- No-Gi Jiu-Jitsu 6p-7p
- MMA 7p-8p

Tuesday
- Boxing 7a-7:45a
- Athletics 9a-9:45a
- No-Gi Jiu-Jitsu 11a-12p
- Boxing 12p-12:45p
- Boxing 4p-4:45p
- Athletics 4p-4:45p
- Athletics 5p-5:45p
- Boxing 5p-5:45p
- KickBoxing 5:45p-6:30p
- Athletics 6p-6:45p
- Boxing 6p-6:45p
- Gi Jiu-Jitsu Fundamentals 6:30p-7:30p ★
- Adv. Gi Jiu-Jitsu 6:30p-7:30p
- Boxing 7p-7:45p
- Gi Jiu-Jitsu Comp. Training 7:30p-8:30p

Wednesday
- Athletics 6a-6:45a
- Athletics 9a-9:45a
- Athletics 12p-12:45p
- Kickboxing 12p-12:45p
- No-Gi Jiu-Jitsu 4p-5p
- Boxing 4p-4:45p
- Athletics 4p-4:45p
- Athletics 5p-5:45p
- Boxing 5p-5:45p
- Athletics 6p-6:45p
- Boxing Fundamentals 6p-6:45p ★
- No-Gi Jiu-Jitsu 6p-7p
- Kickboxing 7p-8p (S)

Thursday
- Boxing 7a-7:45a (S)
- Athletics 9a-9:45a
- No-Gi Jiu-Jitsu 11a-12p
- Boxing 12p-12:45p
- Boxing 4p-4:45p
- Athletics 4p-4:45p
- Athletics 5p-5:45p
- Boxing 5p-5:45p
- KickBoxing 5:45p-6:30p
- Athletics 6p-6:45p
- Boxing 6p-6:45p
- No-Gi Jiu-Jitsu Fundamentals 6:30p-7:30p ★
- Adv. No-Gi Jiu-Jitsu 6:30p-7:30p
- Boxing 7p-7:45p
- No-Gi Jiu-Jitsu Comp. Training 7:30p-8:30p

Friday
- Athletics 6a-6:45a
- Athletics 9a-9:45a
- No-Gi Jiu-Jitsu 11a-12p
- Gi Jiu-Jitsu 12p-1p
- Athletics 12p-12:45p
- Boxing 12p-12:45p
- Athletics 5p-5:45p
- Boxing 5p-5:45p
- No-Gi Jiu-Jitsu 5:30p-6:30p
- Boxing 6p-6:45p (S)
- Kickboxing 7p-8p (S)

Saturday
- Athletics 8a-8:45a
- Athletics 9a-9:45a
- Boxing Fundamentals 9a-9:45a ★
- Boxing 10a-10:45a
- Athletics 10a-10:45a
- Gi Jiu-Jitsu Fundamentals 10a-11a ★
- Adv. Boxing 11a-11:45a (S)
- No-Gi Jiu-Jitsu 11a-12p
- Adv. No-Gi Jiu-Jitsu 12p-1:30p

Sunday
- Yoga 9:30a-10:30a
- Adv. No-Gi Jiu-Jitsu 10:30a-12p
- Jiu-Jitsu Open Mat 12p-1p

Key

Class Formats

Athletics · Boxing · Jiu-Jitsu · Kickboxing · MMA · Yoga

- ★ Star Icon = Beginner friendly
- Athletics & Yoga also beginner friendly

- (S) S Icon = Sparring following the class
- Novice & Intermediate levels only
- Sparring at Coach's discretion

★ Introductory Classes

Boxing Intro
Tuesday 5:45p-6:30p
Saturday 9a-9:45a

Kickboxing Intro
Thursday 5:45p-6:30p

Introductory Classes located on lower level in MMA cage

By Appointment Only. Please call or book at the front desk to schedule. For 1st time guests & members only.

Adult Class Descriptions

BOXING

A FULL BOXING WORKOUT COMBINING TECHNIQUE, CONDITIONING, AND INTENSITY. YOU'LL PRACTICE COMBINATIONS, DEFENSIVE DRILLS, MITT WORK, AND HEAVY BAG TRAINING WHILE BUILDING STRENGTH, ENDURANCE, AND RING SKILLS.

BOXING PROGRESSION TIMELINE: *BOXING INTRO (1–2 CLASSES) → BOXING FUNDAMENTALS (ONGOING) → STANDARD BOXING CLASSES (AFTER ~1 MONTH) → SPARRING (AFTER ~3 MONTHS) → IF GOAL IS COMPETING: ADVANCED BOXING (AFTER 6+ MONTHS OR AT COACH'S DISCRETION)*

- EQUIPMENT REQUIRED: 16 0Z. BOXING GLOVES & HAND WRAPS. (NOTE: WE SELL QUICK WRAPS FOR EASY USE).
- ADVANCED BOXING & SPARRING: ALSO REQUIRED IS HEADGEAR, GROIN PROTECTOR & MOUTHPIECE. THESE CLASSES ARE AT COACH'S DISCRETION.

GI AND NO-GI JIU-JITSU

LEARN THE ART OF JIU-JITSU THROUGH DRILLING, TECHNIQUE, AND LIVE ROLLING. THESE CLASSES BUILD GRAPPLING SKILLS SUCH AS POSITIONS, SUBMISSIONS, ESCAPES, AND TRANSITIONS WHILE IMPROVING STRENGTH, MOBILITY, AND MENTAL FOCUS. CLASSES FOLLOW OUR BELT RANKING SYSTEM PROGRESSING FROM WHITE BELT TO BLACK BELT.

JIU-JITSU PROGRESSION TIMELINE: *FUNDAMENTALS GI & NO-GI (3-6 MONTHS) → STANDARD GI & NO-GI CLASSES (AFTER ~3-6 MONTHS) → ADVANCED (12+ MONTHS EXPERIENCE OR AT COACH'S DISCRETION)*

- EQUIPMENT REQUIRED: GI CLASS - JIU-JITSU GI. NO-GI CLASS - T-SHIRT OR RASH GUARD & SHORTS WITH NO POCKETS.

KICKBOXING

A HIGH-ENERGY CLASS BLENDING PUNCHES, KICKS, KNEES, AND FOOTWORK FOR A FULL-BODY WORKOUT. YOU'LL BUILD STRIKING SKILLS, COORDINATION, AND CONDITIONING THROUGH PAD WORK, BAG DRILLS, AND TECHNIQUE PRACTICE.

KICKBOXING PROGRESSION TIMELINE: *WE RECOMMEND TAKING KICKBOXING INTRO (1–2 CLASSES) + 1 MONTH OF BOXING FUNDAMENTALS PRIOR TO YOUR FIRST STANDARD KICKBOXING CLASS → SPARRING (AFTER ~3 MONTHS)*

- EQUIPMENT REQUIRED: 16 0Z. BOXING GLOVES, HAND WRAPS & SHIN GUARDS
- SPARRING: ALSO REQUIRED IS HEADGEAR, GROIN PROTECTOR & MOUTHPIECE. SPARRING IS AT COACH'S DISCRETION.

MMA (MIXED MARTIAL ARTS)

A COMPREHENSIVE CLASS COMBINING STRIKING AND GRAPPLING INTO FULL MMA TRAINING. PARTICIPANTS SHOULD HAVE AT LEAST ONE MONTH OF EXPERIENCE IN BOXING, KICKBOXING, AND JIU-JITSU, AS THIS CLASS FOCUSES ON BLENDING SKILLS, TRANSITIONS, AND LIVE APPLICATION IN A CONTROLLED ENVIRONMENT.

ATHLETICS (ALL FITNESS LEVELS)

A STRENGTH AND CONDITIONING CLASS BUILT AROUND REAL ATHLETIC TRAINING METHODS. USING BARBELLS, DUMBBELLS, KETTLEBELLS, SLEDS, TIRES, CONDITIONING BIKES, CORE WORK, AND MORE. YOU'LL DEVELOP POWER, ENDURANCE, AND OVERALL FITNESS. DESIGNED TO PUSH YOU LIKE AN ATHLETE WHILE IMPROVING STRENGTH, SPEED, AND RESILIENCE.

PRIVATE ONE-ON-ONE TRAINING

ONE-ON-ONE COACHING TAILORED TO YOUR GOALS IN BOXING, KICKBOXING, AND FITNESS. WORK DIRECTLY WITH A COACH TO IMPROVE TECHNIQUE, BUILD STRENGTH AND CONDITIONING, AND ACCELERATE RESULTS WITH PERSONALIZED TRAINING PLANS. WE OFFER 30-60 MINUTE SESSIONS. BOOK YOUR SESSION AT THE FRONT DESK OR CALL THE GYM.

Hours of Operation
Mon-Thurs 5:30a-10p Friday 5:30a-9p Sat & Sun 8a-5p

Contact Us:
Phone: 440-587-1171 Email: info@strongstyle.com Follow us on Social Media @strongstyle_mma Strong Style Training Center