

FIGHTHOUSE CLASS SCHEDULE

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Brazilian Jiu-Jitsu Fabiano Boticario George Lou	7:30PM – 9:30PM <i>Gi</i> Fabiano	12:00PM – 1:00PM <i>No gi</i> 6:30 – 7:30PM <i>No gi</i> George	11:00AM – 12:00PM <i>No gi</i> 7:30PM – 9:00PM <i>No gi</i> Fabiano	12:00PM – 1:00PM <i>No gi</i> 7:30PM – 9:30PM <i>Gi</i> George		2:30PM – 4:30PM <i>No gi</i>	
Mixed Martial Arts Plinio Cruz	12:00PM–1:00PM <i>Muay Thai</i> 6:00PM – 7:00PM <i>Muay Thai</i> or 8:00PM – 9:00PM <i>Muay Thai</i>	6:30PM - 7:30PM <i>grappling</i> 7:30PM – 9:00PM <i>MMA</i>	6:00PM – 7:30PM <i>MMA</i> 7:30PM – 9:30PM <i>grappling</i>	6:30PM – 7:30PM <i>Muay Thai</i> 7:30PM – 9:30PM <i>sport BJJ</i> <i>Gi uniform</i>	7:00PM – 9:00PM <i>MMA</i>	12:00PM – 2:00PM <i>MMA</i>	
All-Inclusive Mixed Martial Arts	Click for all-inclusive MMA class schedule	Click for all-inclusive MMA class schedule	Click for all-inclusive MMA class schedule	Click for all-inclusive MMA class schedule	Click for all-inclusive MMA class schedule	Click for all-inclusive MMA class schedule	No MMA classes
Muay Thai Kickboxing Brandon Levi	Click for complete Muay Thai class schedule	Click for complete Muay Thai class schedule	Click for complete Muay Thai class schedule	Click for complete Muay Thai class schedule	Click for complete Muay Thai class schedule	Click for complete Muay Thai class schedule	No Muay Thai classes
Ng Mui Fighting System Sifu Peggy Chau						11:30AM - 1:30PM	11:30AM - 1:30PM <i>Open class</i>
Russian Kettlebells Steve Strickman							11:30PM - 12:45PM
Russian Martial Art "SYSTEMA" Edgar Tsakouls <i>Manhattan</i>		12:00PM - 1:30PM <i>and</i> 6:30PM - 8:00PM		6:30PM - 8:00PM		11:00AM - 12:30PM	
Russian Martial Art "SYSTEMA" Jason Fitzgerald <i>Manhattan</i>			8:00PM - 9:30PM				
Russian Martial Art "SYSTEMA" Valdis Hainley <i>Manhattan</i>					Outdoor training in Central Park. E-mail valdis@savietis.com for details.		Outdoor training in Central Park. E-mail valdis@savietis.com for details.
Memberships do not include Systema classes in Brooklyn, Long Island, or Central Park . See the Locations page to sign up for Systema classes at these locations, or call (347)596-3564 for Brooklyn; (516)567-8224 for Long Island; e-mail valdis@savietis.com for Central Park.							
Russian Martial Art "SYSTEMA" Oleg Polvinchik <i>Brooklyn</i>	7:30PM - 9:00PM 60 W. End Ave. 7th Fl., Brooklyn Driving directions		7:30PM - 9:00PM 60 W. End Ave. 7th Fl., Brooklyn Driving directions				
Russian Martial Art "SYSTEMA" Frank Fileti <i>Long Island</i>		8:30PM - 10:30PM 12c Seabro Ave., Amityville Driving directions		8:30PM - 10:30PM 12c Seabro Ave., Amityville Driving directions			