



United Martial Arts Training Center  
 14208 FM 1730, Lubbock, TX 79424  
 806-698-6100 www.umatc.net

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-10:50							
11:00-11:50							
12:00-12:50							
1:00-1:50							
2:00-2:50							
3:00-3:50							Open Gym
4:00-4:50	Kids Gi	Kids Sanshou	Kids Gi	Kids Sanshou	BJJ Advanced Training		
5:00-5:50					BJJ Open Rolling		
6:00-6:50	BJJ Gi	BJJ No-Gi	BJJ Gi	BJJ No-Gi			
7:00-7:50	Adv. BJJ Gi Sanshou	Adv. No-Gi Sanshou	Adv. BJJ Gi Sanshou	Adv. No-Gi Sanshou			
8:00-8:50	Advanced Sanshou	Advanced Sanshou	Advanced Sanshou	Sparring			
9:00-9:50	MMA	MMA	MMA				

**RED=available only for students in Sanshou or MMA program**

**BLUE=available only for students in BJJ or MMA program**

**BLACK=available only for students in MMA program**

**GREEN=kids classes**

**\*Schedule is subject to change**