

TRINITY MMA CLASS SCHEDULE

825 Main Street Stroudsburg, Pa. 18360

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1:30pm – 3:00pm MMA MUAY THAI
7:00pm - 8:30pm WRESTLING	7:00pm – 8:30pm MMA	7:00pm – 8:30pm OPEN MAT	7:00pm – 8:30pm MMA BOXING		

Adult Classes: MMA/ MMA Boxing/ MMA Muay Thai/ Wrestling = \$60.00 per month
 Pedone's Boxing = \$40.00 per month

Package Deal – participation in all adult classes = \$100.00 per month

Open Mat is for gym members only, with the following exceptions

- JSMMA Association Members
- AASF Affiliates Members

