

EDDIE ALVAREZ'S UNDERGROUND KINGS

AT NEWTOWN PERFORMANCE INSTITUTE

NEW CLASS SCHEDULE

POWERED BY **MPR**

ADULT 14 & UP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOXING	7PM-8PM	10AM-11PM 6PM-7PM	10AM-11PM 7PM-8PM	10AM-11PM 7PM-8PM		10AM SPARRING APPROVED ATHLETES (NOT A CLASS)	
NO GI BJJ	11AM - 12PM 6PM - 6:30PM LEG LOCK 6:30PM - 8PM MIXED	6PM - 7PM COMPETITION (ADVANCED)	6PM - 7PM	6PM - 7PM FUNDAMENTALS	11AM - 12PM 6PM - 7PM MIXED		
GI BJJ		7PM-8PM	11AM - 12PM 7PM - 8PM			12PM - 1:30PM	
WOMEN'S NO GI			7PM-8PM				
STRIKING	11AM-12PM	7PM - 8PM			6PM-7PM	9AM-10AM	10AM - 11AM
MMA	7:30PM - 9PM	11AM - 12:30PM GRAPPLING	11AM - 12:30PM STRIKING	7PM - 9PM AND SPARRING FOR APPROVED ATHLETES			
OPEN MAT							12PM - 1PM BJJ & LIVE TRAINING (NOT A CLASS)
SAMBO							TBD
JUNIOR AGE 8-13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NO GI BJJ	5PM-6PM		5PM-6PM OPEN MAT				
GI BJJ				6PM-7PM		11AM-12PM	
BOXING	6PM-7PM		6PM-7PM				
STRIKING		5PM-6PM		5PM-6PM	5PM-6PM		
NINJAS AGE 5-7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GI BJJ				5PM-6PM		10AM-11AM	
BOXING	5PM-6PM	5PM-6PM					

SIGN UP FOR A FREE TRIAL CLASS TODAY EMAIL DougSharp@NewtownAthletic.com
We are extremely beginner friendly and also cater to the pros. All skill levels and ages 5+ welcome.

CLASSES NOT AVAILABLE FOR FREE TRIAL ARE IN RED
BJJ Comp, Open Mat, Sparring & MMA

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