



MAXOUT SPORTS SCHEDULE



440-781-3444

Monday:	5:30 – 6:15 pm	Youth & Junior Combat TKD/MMA /Self Defense
	6:30 – 7:15 pm	Senior Combat TKD/MMA /Self Defense
Tuesday:	5:30 – 6:15 pm	Junior JUDO
	6:15 – 7:15 pm	Senior JUDO
Wednesday:	5:30 – 6:15 pm	Youth & Junior Combat TKD/MMA /Self Defense
	6:30 – 7:15 pm	Senior Combat TKD/MMA /Self Defense
Thursday:	5:30 – 6:15 pm	Junior JUDO
	6:15 – 7:15 pm	Senior JUDO
Saturday:	10:30 – 11:30 pm	Junior & Senior JUDO – Senior TKD/MMA participation
	11:45 – 12:30 pm	Youth & Junior TKD Team Building & Conditioning
	12:30 – 12:45 pm	Rank Requirement Instruction

Note: Class schedule is subject to change as we adapt to the evolving mandates governing fitness and martial art studios and to the needs of our students and members.

Please arrive in a clean uniform and no earlier than 10 minutes before class start. Leave immediately after class ends.

MAXOUT SPORTS IS CLOSED ON MAJOR HOLIDAYS AND HAZARDOUS WEATHER CONDITIONS. IF YOU HAVE ANY SCHEDULING QUESTIONS CALL 440-781-3444.

YOUR #1 CHOICE FOR MARTIAL ARTS AND FITNESS TRAINING
23860 MILES ROAD, BEDFORD HEIGHTS, OHIO 44128