



North Plainfield FIGHT CLUB

www.WeTrainHard.com

479 SOMERSET STREET

NORTH PLAINFIELD, NEW JERSEY 07060

(908) 548-8857

TIME	MON	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
3-4PM	INTRO	INTRO	INTRO	INTRO	INTRO	8-9:30AM BJJ (GI)	8-9:30am BJJ (NO GI)
4-4:30PM	PRIVATE LESSONS	OPEN	KARATE NP TIGERS	OPEN		10AM ATA TKD CLASS	9:30 a.m. WRESTLING
4:30-5PM	KARATE NP TIGERS	TKD TIGERS	OPEN	TKD TIGERS	INSTRUCTOR TRAINING	11AM MMA KIDZ	
5-5:45PM	ATA TKD CLASS	MMA	KARATE BEGINNERS	MMA	LEADERSHIP WEAPONS	11:45 – 12:30 KARATE KIDZ	
5:45-6:30	KARATE BEGINNERS BOXING	6PM BJJ KIDZ MUAY THAI	ATA TKD CLASS BOXING	6PM BJJ KIDZ MUAY THAI	6:15-7:15 NP KRAV CLASS	12:30 – 1:30 ADULT KARATE	
6:30-7:15	MMA FIT ADULT KARATE	7- 8:30 BJJ (GI)	MMA FIT ADULT KARATE	7-8:30 BJJ (GI)	BOXING CLASS 5:45PM	MMA FIT **8AM**	
7:30 -8:30	NP KRAV CLASS		NP KRAV CLASS				

PLEASE ARRIVE FOR CLASS ON TIME.

ALL STUDENTS MUST BE DRESSED IN PROPER ATTIRE.

NO EATING OR GUM CHEWING IN THE DOJO.

PLEASE WEAR FLIP FLOPS WHEN LEAVING THE TRAINING FLOOR

NO SHOES ON THE TRAINING FLOOR.

ALWAYS SHOW RESPECT INSIDE AND OUTSIDE THE DOJO