

Powerhouse Gym Aiea

Mixed Martial Arts (MMA) Class Schedule

effective January 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BJJ - GI 7:30 - 8:45am	BJJ – Women GI 9 – 10am	BJJ - GI 7:30 - 8:45am	BJJ – Women GI 9 – 10am	Boxing 6:30 - 7:30am	MMA Wrestling 8 - 9am	MMA Wrestling/Judo 9 - 10am
MMA Kick Boxing 8:45 - 9:45am	Women Kick Boxing 10 – 11:30am	MMA Kick Boxing 8:45 - 9:45am	Women Kick Boxing 10 – 11:30am	BJJ - GI 7:30 - 8:45am	MMA Grappling 9 – 10am	MMA Grappling 10 – 11am
MMA 10 - 11am	Bag Drills 11am - 12pm	MMA 10 - 11am	Bag Drills 11am - 12pm	MMA 8:45 - 9:45am	MMA Kick Boxing 10 - 11am	MMA Kick Boxing 11 am - 12pm
MMA Circuit Drills 11am–12pm		MMA Circuit Drills 11am–12pm		MMA Circuit Drills 10–11am	MMA Footwork Drills 11am-12pm	MMA Footwork Drills 12-1pm
MMA Keiki Program 5 – 6pm	BJJ – GI Keiki Program 5 – 6pm	MMA Wrestling Keiki Program 5 – 6pm	BJJ – GI Keiki Program 5 – 6pm	MMA Wrestling Keiki Program 5 – 6pm	MMA Circuit Drills 12 – 1pm	MMA Circuit Drills 1 – 2pm
MMA Kick Boxing 6 – 7pm	MMA BJJ - GI 6 – 7pm	MMA Kick Boxing 6 – 7pm	MMA BJJ - GI 6 – 7pm	MMA Kick Boxing Muay Thai 6 – 7pm	MMA Bag Drills 1 - 2pm	MMA Bag Drills 2 - 3pm
MMA Elite 7 – 9pm	MMA Elite 7 – 9pm	MMA Elite 7 – 9pm	MMA Elite 7 – 9pm	MMA Elite 7 – 9pm		

All PHG-MMA monthly dues include a Power House Gym Aiea membership.

MMA – New Member Adult, Woman’s & Keiki PHG-MMA Intro \$45.00 (mandatory)

MMA – Beginner/Intermediate/Advance - \$89.00 – (3) classes a week)

MMA – Limited Program - \$100.00 (MMA/Boxing/Kickboxing/Wrestling/Grappling)

MMA – Unlimited Program - \$120.00 (MMA/Boxing/Kickboxing/Wrestling/Grappling/BJJ/Muay Thai)

Keiki MMA Program – \$79.00 (Includes wrestling, grappling, boxing, kickboxing) 6 – 12 years old

Teen MMA Program – \$89.00 (Includes wrestling, grappling, boxing, kickboxing) 13 – 17 years old

Drop in Fee: \$15.00

*NOTE: MMA Room only to be used for MMA/Muay Thai Program Students.



Visit our website at

www.powerhousegymaiea.com

or call 808.484.8000 for details