

COMBAT FITNESS

RAPACON'S MARTIAL ARTS

4380 Sonoma Blvd. Ste. 200 Vallejo, Ca 94589

Monday & Wednesday 4:15 pm-7:45 pm

CLASS/INSTRUCTOR	TIME	LOCATION
Mini Maniac MMA- <i>Black Belt Instructors</i>	4:30PM	Main Mat
Boxing-Coach Roque	5:00PM	Cage
Youth & Teen Kajukenbo- <i>Black Belt Instructors</i>	5:30 PM	Main Mat
Jiu-Jitsu/Wrestling-Coach <i>Roque & Team</i>	6:00PM	Cage
Adult Kajukenbo-Black Belt <i>Instructors</i>	6:30PM	Main Mat

Tuesday & Thursday 5:15 pm-7:45 pm

CLASS/INSTRUCTOR	TIME	LOCATION
American Muay Thai Kickboxing- <i>Coach Roque</i>	5:30PM	Main Mat
ComFit Strength & Conditioning- Coach Roque	6:30PM	Main Mat
Mixed Martial Arts (MMA) Drilling/Sparring*	6:30PM	Cage

Saturday 9:45 am-11:15 am

CLASS/INSTRUCTOR	TIME	LOCATION
Pee Wee Kajukenbo- <i>Black Belt Instructors</i>	10:00AM	Main Mat

*Must be a full-time member and have at least 3 months experience w/ Instructor Approval.