

VAGNER ROCHA MARTIAL ARTS  
 8904 Taft St  
 (954) 432-8788  
 www.vagnerrochamartialarts.com  
 info@vagnerrochamartialarts.com



VIP membership available!!!  
 Ask us about VIP Classes

|         |
|---------|
| Mat 1   |
| Mat 2   |
| Outside |

| MONDAY                                  |                                   | TUESDAY                               |                                   | WEDNESDAY                               |                                   | THURSDAY                              |                                   | FRIDAY                                       |                                    | SATURDAY                                 |                                     |
|---|-----------------------------------|---------------------------------------|-----------------------------------|---|-----------------------------------|---------------------------------------|-----------------------------------|--|------------------------------------|--|-------------------------------------|
| Mat 1                                   | Mat 2                             | Mat 1                                 | Mat 2                             | Mat 1                                   | Mat 2                             | Mat 1                                 | Mat 2                             | Mat 1  | Mat 2                              | Mat 1                                    | Mat 2                               |
|   | KICKBOXING<br>9AM                 |                                       | WOMEN<br>SELF-DEFENSE<br>9AM      |   | KICKBOXING<br>9AM                 |                                       | WOMEN<br>SELF-DEFENSE<br>9AM      |  | KICKBOXING<br>9AM                  | BEGINNERS<br>ONLY<br>BJJ GI<br>9 - 10 AM |                                     |
| WRESTLING<br>NO GI<br>10AM              |                                   | FUNDAMENTALS<br>BJJ GI<br>10AM        |                                   | WRESTLING<br>NO GI<br>10AM              |                                   | FUNDAMENTALS<br>BJJ GI<br>10AM        |                                   | WRESTLING<br>NO GI<br>10AM                   |                                    | STRENGTH &<br>CONDITIONING<br>10AM       | WOMEN<br>SELF-DEFENSE<br>10 - 11 AM |
|   |                                   |                                       |                                   |   |                                   |                                       |                                   |  |                                    | PRO<br>MMA<br>12 - 1PM                   | KICKBOXING<br>12 - 1PM              |
|   |                                   |                                       |                                   |   |                                   |                                       |                                   |  |                                    | OPEN MAT<br>NO-GI<br>2 - 3:30 PM         |                                     |
|   |                                   |                                       | STRENGTH &<br>CONDITIONING<br>5PM |   |                                   |                                       | STRENGTH &<br>CONDITIONING<br>5PM |  |                                    |  |                                     |
| BEGINNERS<br>ONLY<br>BJJ GI<br>6 - 7 PM |                                   | ADVANCE<br>NO GI<br>6 - 7:30 PM       |                                   | BEGINNERS<br>ONLY<br>BJJ GI<br>6 - 7 PM |                                   | ADVANCE<br>NO GI<br>6 - 7:30 PM       |                                   |  | BOXING<br>CONDITIONING<br>6 - 7 PM |  |                                     |
| ADVANCE<br>BJJ GI<br>7 - 8 PM           | WOMEN<br>SELF-DEFENSE<br>7 - 8 PM | BEGINNERS<br>BJJ GI<br>7:30 - 8:30 PM | KICKBOXING<br>7 - 8 PM            | ADVANCE<br>BJJ GI<br>7 - 8 PM           | WOMEN<br>SELF-DEFENSE<br>7 - 8 PM | BEGINNERS<br>BJJ GI<br>7:30 - 8:30 PM | KICKBOXING<br>7 - 8 PM            | ALL LEVELS<br>OPEN MAT<br>BJJ GI<br>7 - 8 PM |                                    |  |                                     |
| BEGINNERS<br>PRO MMA<br>8:30 9:30 PM    | KICKBOXING<br>8 - 9 PM            | BEGINNERS<br>PRO MMA<br>8:30 9:30 PM  | WOMEN<br>SELF-DEFENSE<br>8 - 9 PM | PRO MMA<br>8:30 9:30 PM                 | KICKBOXING<br>8 - 9 PM            | BEGINNERS<br>PRO MMA<br>8:30 9:30 PM  | WOMEN<br>SELF-DEFENSE<br>8 - 9 PM |  |                                    |  |                                     |