

Dragons Den MMA and Fitness Club  
 2801 Whipple Road, Union City, CA 94587 (510) 477-6800  
 www.DragonsDenMMA.com  
 Schedule Effective: Jan 2017

MAIN MAT	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am		Kajukenbo MMA		Kajukenbo MMA	
10am					
11am					
12pm	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat
1pm					
2pm					
3pm					
4pm					
4:30pm	Youth Wrestling	Little Dragons	Youth Wrestling	Little Dragons	
5:30pm	Little Dragons	Junior Dragons	Little Dragons	Junior Dragons	Kaju Comp/Test Prep
6:30pm	FMA (Kali/Eskrima)	Muay Thai	Youth Muay Thai	Muay Thai	Invite Sparring
7:30pm	Kajukenbo MMA	6:30-8:00	Kajukenbo MMA	6:30-8:00	
8:30pm	7:30-9:00		7:30-9:00		

MAT 2 & RING	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Open Mat		Open Mat		Open Mat
10am					
11am					
12pm	Fusion Fitness	Fitness Kickboxing	Fusion Fitness	Fitness Kickboxing	Fusion Fitness
1pm					
2pm					
3pm					
4pm					
4:30pm	Young Dragons -ADV	Open Mat	Young Dragons -ADV	Open Mat	
5:30pm	Boxing	Young Dragons -INT	Boxing	Young Dragons -INT	Boxing
6:30pm	Youth Muay Thai	Lady Dragons	Open Mat	Lady Dragons	
7:30pm	Open Mat	Open Mat	Open Mat	Open Mat	
8:30pm					

CAGE	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Open Mat		Open Mat		Open Mat
10am					
11am					
12pm	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat
1pm	Closed for Pro Training & Private Lessons				
2pm					
3pm					
4pm					
4:30pm	Open Mat	Open Mat	Open Mat	Open Mat	
5:30pm	Youth BJJ	Fusion Fitness	Youth BJJ	Fusion Fitness	Open Mat
6:30pm	Adult BJJ	Open Mat	Adult BJJ	Open Mat	Invite Sparring
7:30pm	6:30-8:00	Open Mat	6:30-8:00	Open Mat	
8:30pm	Open Mat		Open Mat		

** Saturday	Open Mat 9AM-12PM	SILAT 9-10	Fit Kickbox 10-11	Kaju Comp/Test Prep 11-12
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*\*Open Mat is for all members.*

**Kajukenbo:**

Tiny Dragons (4-5yrs), Little Dragons (6-9yrs), Junior Dragons (10-14yrs),  
 Young Dragons (intermediate/advance kids), Kajukenbo MMA (15yrs up)