



# CHICAGO FIGHT TEAM

Head Coach-Roberto Ramirez  
773-885-5700

Grappling Coach- Nicasio Sanchez  
773-732-2285



Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	Sun.
<u>11:00AM-12:00PM</u> MMA STRIKING <b>ON HOLD until</b> <b>Nov 1</b>	<u>11:00AM-12:00PM</u> MMA GRAPPLING <b>ON HOLD until</b> <b>Nov 1</b>	<u>10:30AM-12:00 PM</u> MMA FIGHTER CLASS <b>ON HOLD until</b> <b>Nov 1</b>	<u>11:00AM-12:00PM</u> MMA STRIKING <b>ON HOLD until</b> <b>Nov 1</b>	<u>11:00AM-12:00PM</u> MMA GRAPPLING <b>ON HOLD until</b> <b>Nov 1</b>	<u>10:30-11:30AM</u> Striking/ Pad Work	
<u>6:15-7:15 PM</u> WRESTLING	<u>6:15-7:15 PM</u> MMA FIGHTER CLASS*	<u>6:15-7:15 PM</u> MMA FIGHTER CLASS*	<u>6:15-7:15 PM</u> MMA FIGHTER CLASS*	<u>6:15-7:30PM</u> MMA FIGHTER CLASS*	<u>11:30-1:00PM</u> OPEN MAT	
<u>7:30-8:30PM</u> MMA GRAPPLING	<u>7:30-8:30PM</u> MMA STRIKING	<u>7:30-8:30PM</u> MMA GRAPPLING	<u>7:30-8:30PM</u> MMA STRIKING	<u>7:30-8:30PM</u> INTRO TO MMA		

\* = MMA Fighter classes are invite only



: [chicagofightteam](#)



: [Chicago Fight Team](#)