THE POUND | Martial Arts Center

BRAZILIAN TOP TEAM

3103 Cranberry Hwy, East Wareham, MA 02538
Phone: 774.678.0183
Email: The Pound

Respect | Discipline | Confidence | Character | Lo

JOIN US

	9:00a-10:00a	10:00a-11:00a	11:00a-1:00p	12:00p-4:00p	4:00p-4:30p	4:30p-5:30p	5:30p-6:30p	6:30p-7:30p	7:30p-8:00p	8:00-8:30	8:30p-9:00p
Monday						Kids BJJ	Kids Karate	Adults BJJ /Gi		Adults Karate	
Tuesday					Kids Pre-Karate (ages 2-5)	Kids BJJ	Kids Karate	Adults Muay Thai	Adults MMA BJJ No Gi		
Wednesday						Kids BJJ	Kids Karate	Adults BJJ		Adults Karate	
Thursday								Adults Advanced Muay Thai	Adults Submission Wrestling		
Friday					Kids Pre-Karate (ages 2-5	Kids BJJ	Kids Karate	Adults Muay Thai	Adults BJJ Gi		
Saturday	Kids MMA Sparring	Kids Weapons	Kids Karate Team Trainining								