

SOMA SCHEDULE

MONDAY

OPERATION HOUR: 6 AM - 8 PM

STRIKING

- 6-8 AM • OPEN GYM
- 7-8 AM • MAXIMUM STRENGTH (ALL LEVELS)
- 8-9 AM • BOXING PADS (ALL LEVELS)
- 9-10:15 AM • MUAY THAI (ALL LEVELS)
- 10:15-11:45 AM • FIGHT CONDITIONING (ALL LEVELS)
- 12-4 PM • OPEN GYM
- 3-4 PM • MOBILITY: LOWER BODY (ALL LEVELS)
- 4-5 PM • BOXING + STRIKING DRILLING (INTERMEDIATE /ADVANCED)
- 5-6 PM • KI & MUAY THAI PADS (ALL LEVELS)
- 6-8 PM • OPEN GYM

GRAPPLING

- 7-8:30 AM • NO-GI (INTERMEDIATE/ADVANCED)
- 9-10 AM • BJJ GI FUNDAMENTALS (ALL LEVELS)
- 3-4 PM • MMA FIGHT TEAM (INVITE ONLY)
- 5-6:30 PM • BJJ GI (ALL LEVELS)

TUESDAY

OPERATION HOUR: 6 AM - 8 PM

STRIKING

- 6-8 AM • OPEN GYM
- 7-8 AM • INTERMEDIATE SPARRING
- 8-9 AM • MUAY THAI PADS (ALL LEVELS)
- 9-10 AM • BOXING DRILLS & FOOTWORK (INTERMEDIATE/ADVANCED)
- 10-11 AM • PRO TEAM SPARRING (ADVANCED/FIGHTERS)
- 12-4 PM • OPEN GYM
- 4-5 PM • BOXING PADS (ALL LEVELS)
- 5-6 PM • KI & MUAY THAI PADS (ALL LEVELS)
- 6-8 PM • OPEN GYM

GRAPPLING

- 8-9:30 AM • NO GI (ALL LEVELS)
- 10-11:30 AM • BJJ GI (ALL LEVELS)
- 4-5 PM • BJJ GI FUNDAMENTALS (ALL LEVELS)
- 6-7 PM • MMA FIGHT TEAM (INVITE ONLY)

WEDNESDAY

OPERATION HOUR: 6 AM - 8 PM

STRIKING

- 6-8 AM • OPEN GYM
- 7-8 AM • EXPLOSIVE STRENGTH (ALL LEVELS)
- 8-9 AM • BOXING PADS (ALL LEVELS)
- 9-10:15 AM • MUAY THAI PADS (ALL LEVELS)
- 10:15-11:45 AM • STRIKING DRILLING (ADVANCED/FIGHTERS)
- 12-4 PM • OPEN GYM
- 4-5 PM • BOXING BASICS & FUNDAMENTALS (BEGINNERS)
- 5-6 PM • KI & MUAY THAI PAD (ALL LEVELS)
- 6-7 PM • INTERMEDIATE SPARRING
- 6-8 PM • OPEN GYM

GRAPPLING

- 8-9:30 AM • NO-GI FUNDAMENTALS
- 10-11:30 AM • BJJ GI (ALL LEVELS)
- 3-4 PM • MOBILITY: FULL BODY (ALL LEVELS)
- 4-5 PM • BJJ GI FUNDAMENTALS (ALL LEVELS)
- 6-7:30 PM • NO GI (INTERMEDIATE/ADVANCED)

THURSDAY

OPERATION HOUR: 6 AM - 8 PM

STRIKING

- 6-8 AM • OPEN GYM
- 7-8 AM • INTERMEDIATE SPARRING
- 8-9 AM • MUAY THAI PADS (ALL LEVELS)
- 9-10 AM • BOXING DRILLS & FOOTWORKS (ALL LEVELS)
- 10-11:30 AM • FIGHT CONDITIONING (ALL LEVELS)
- 12-4 PM • OPEN GYM
- 4-5 PM • BOXING PADS (ALL LEVELS)
- 5-6 PM • KI & MUAY THAI PADS (ALL LEVELS)
- 6-8 PM • OPEN GYM

GRAPPLING

- 7-8:30 AM • MMA - GROUND ESCAPE (INTERMEDIATE /ADVANCED)
- 9-10 AM • BJJ GI FUNDAMENTALS (ALL LEVELS)
- 4-5:30 PM • BJJ GI (ALL LEVELS)
- 6-7 PM • MMA FIGHT TEAM (INVITE ONLY)

FRIDAY

OPERATION HOUR: 6 AM - 8 PM

STRIKING

- 6-8 AM • OPEN GYM
- 7-8 AM • STRENGTH ENDURANCE
- 8-9 AM • BOXING PADS (ALL LEVELS)
- 9-10:15 AM • MUAY THAI PADS (ALL LEVELS)
- 10:15 AM-12 PM • PRO FIGHT SPARRING (ADVANCED/FIGHTERS)
- 12-4 PM • OPEN GYM
- 4-5 PM • BOXING DRILLING (INTERMEDIATE/ADVANCED)
- 5-6 PM • KI & MUAY THAI PADS (ALL LEVELS)
- 6-8 PM • OPEN GYM

GRAPPLING

- 8-9:30 AM • BJJ GI (ALL LEVELS)
- 10:15-12 PM • MMA SPARRING (INVITE ONLY)
- 3-4 PM • MOBILITY: UPPER BODY (ALL LEVELS)
- 4-5 PM • MMA FIGHT TEAM (INVITE ONLY)
- 6-7:30 PM • BJJ NO-GI (ALL LEVELS)

SATURDAY

OPERATION HOUR: 6 AM - 4 PM

STRIKING

- 6-8 AM • OPEN GYM
- 7-8 AM • FIGHT CONDITIONING
- 8-9 AM • BOXING PADS (ALL LEVELS)
- 9-10 AM • MUAY THAI PADS (ALL LEVELS)
- 12-4 PM • OPEN GYM

GRAPPLING

- 8-9:30 AM • BJJ GI (ALL LEVELS)
- 10:15-12 PM • NO-GI COMPETITION ROLL

*SOMA GRAPPLING MEMBERSHIP INCLUDE ACCESS TO ALL JIU JITSU PROGRAMMES + STRENGTH/CONDITIONING/MOBILITY CLASSES + ICE BATHS + SAUNA + OPEN GYM.

**SOMA STRIKING MEMBERSHIP INCLUDE ACCESS TO ALL STRIKING PROGRAMMES + STRENGTH/CONDITIONING/MOBILITY CLASSES + ICE BATHS + SAUNA + OPEN GYM.