

NEW YORK COMBAT SAMBO CLASS SCHEDULE (STARTING 12/1/2011)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Practical Sambo (Koepfer) 11am - noon	Sambo (Koepfer) 11am - noon
	Grappling (Koepfer) 11:30- 12:30PM	Sambo (Koepfer) 11:30AM - 12:30PM	Muay Thai (Rivera) 11:30 - 12:30		Muay Thai (Rivera) 1hr noon - 1PM	Grappling (Koepfer) 1 hr noon - 1PM
					Team Practice 1-3 PM (non-student must be approved \$20 mat fee)	Open Mat 1-3PM (10\$ non-students)
	Youth Sambo 4-5PM (Koepfer)	Youth Throws 4-5PM (Koepfer)	Youth Strike 4-5PM (Rivera)	Youth Grappling 4-5PM (Desir)		Class Structure
Muay Thai Clinch (E. Guzman) 6-7PM	Leg Locks (Koepfer) 6-7PM	Throw fundamentals (Koepfer) 6-7PM	Boxing (V. Guzman) 6 -7PM	Grappling Fundamentals (Desir) 6-7PM		Level 1/All Students Level 2/permission Youth classes are enrolled by semester.
						>June - August >Sept - November >Dec - February >March - May
No-gi throws and takedowns (Koepfer) 7:15 - 8:15PM	Striking for MMA (Koepfer) 7:15 - 8:15PM	Advanced Sambo - throws/matwork (Koepfer) 7:15 - 8:45PM	Muay Thai (Rivera) 7:15-8:15PM	MMA Grappling (Desir) 7:15 - 8:15PM		
Adv Grappling (Koepfer) 8:30 - 9:30PM	Fighters Only (Koepfer) 8:30-10PM (non-student must be approved \$20 mat fee)		Wrestling (Maclin) 8:30-9:30PM	Boxing (V. Guzman) 8:30 - 9:30PM		

After 7pm the building's main entrance locks and you must call 917-617-5650 to be let in.