



Class Schedule

Updated 8/24/2019

Rise Combat Sports
7131 E Tanque Verde Rd
Tucson, Az 85715
(520) 298-7116
www.risecombatsports.com

Monday

8:15-9:15 Muay Thai All Levels (Tyler)
4:30-5:30 Youth BJJ All Levels (Daniel)
4:30-5:30 Women's Muay Thai All Levels (Jen)
5:30-6:30 Boxing All Levels (Tyler)
5:30-6:30 BJJ Level 1 (Daniel)
6:30-7:30 Muay Thai Level 1 (Tyler)
6:30-7:30 Muay Thai Advanced (Chris)
7:30-9:00 BJJ Advanced (Daniel)

Tuesday

8:15-9:15 Boxing Conditioning All Levels (Sam)
9:30-11:00 BJJ All Levels (Chris)
12:00-1:00pm Muay Thai All Levels (Tyler)
4:30-5:30 Youth NoGi BJJ All Levels (Daniel)
5:30-6:30 Muay Thai All Levels (Chucky)
5:30-6:30 NoGi BJJ Level 1 (Daniel)
6:30-7:30 NoGi BJJ Advanced (Chris)
7:45-9:00 Sparring/ Comp training

Wednesday

8:15-9:15 Muay Thai All Levels (Tyler)
3:45-4:30 Pee Wees (4-6yrs) (Tyler)
4:30-5:30 Youth Muay Thai All Levels (Tyler)
4:30-5:30 Women's Muay Thai All Levels (Jen)
5:30-6:30 Boxing Conditioning All Levels (Tyler)
5:30-6:30 BJJ Level 1 (Art)
6:30-7:30 Muay Thai All Levels (Tyler)

Thursday

8:15-9:15 Muay Thai All Levels (Sam)
9:30-11:00 BJJ All Levels (Chris)
12:00-1:00 Muay Thai All Levels (Tyler)
4:30-5:30 Youth NoGi BJJ All Levels (Daniel)
5:30-6:30 Muay Thai Level 1 (Tyler)
5:30-6:30 Advanced Muay Thai (Chris)
6:30-7:30 NoGi BJJ All Levels (Chris)
7:45-9:00 Sparring / Comp training

Friday

8:15-9:15 NoGi Bjj Level 1 (Art)
4:30-5:30 Youth BJJ All Levels (Daniel)
5:30-6:30 Boxing All Levels (Tyler)
6:30-7:30 Muay Thai All Levels (Tyler)
6:30-8:00 BJJ All Levels (Daniel)

Saturday

8:45-9:30 Pee Wees (4-6yrs) (Tyler)
9:30-10:30 Youth Muay Thai All Levels (Danny)
9:30-10:30 HIIT Training (Tyler)
11:00-12:00 Muay Thai All Levels (Tyler)
12:00-1:00 Boxing All Levels (Tyler)
12:00-1:00 NoGi BJJ Level 1 (Art)
1:00-2:00 OPEN MAT

Sunday

3:00-4:30 Wrestling (Jesus)
All Ages / All Levels
\$5 member / \$15 non member

Gym Hours Monday, Wednesday, Friday: 8am-10am / 3:30pm-9pm
Tuesday, Thursday: 8am-1pm / 3:30pm-9pm
Saturday: 8:45am-3pm
Sunday: CLOSED (Except Wrestling 3pm-4:30pm)