

FINISHERS HQ



STUDENT HANDBOOK

# NOW WE GO.

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# WHAT WE DO.

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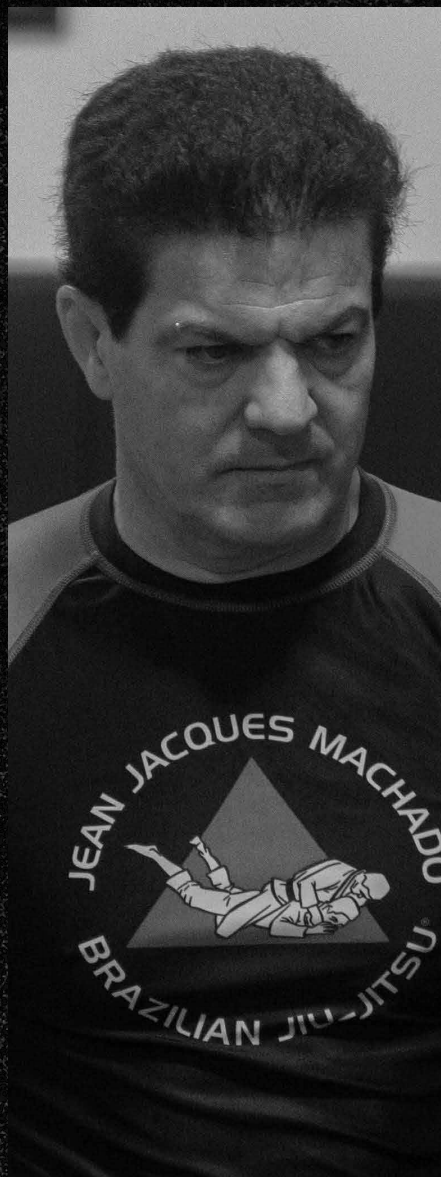
AT FINISHERS MMA OUR MISSION IS TO PROVIDE A SAFE AND SUPPORTIVE ENVIRONMENT FOR INDIVIDUALS TO LEARN AND DEVELOP THEIR SKILLS IN MIXED MARTIAL ARTS AND BRAZILIAN JIU-JITSU.

WE BELIEVE IN FOSTERING A SENSE OF COMMUNITY AMONG OUR STUDENTS, INSTRUCTORS, AND STAFF, WHERE EVERYONE IS RESPECTED AND VALUED.



# LINEAGE

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**01** JEAN JAQAUES  
MACHADO



**02** EDDIE  
BRAVO



**03** ZACH  
MASLANY



**04** JON  
BLANK

# WELCOME TO THE FINISHERS FAM

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DEAR NEW MEMBER OF OUR FINISHERS MMA FAMILY,

WE ARE THRILLED TO WELCOME YOU TO OUR COMMUNITY OF MARTIAL ARTISTS.  
AT OUR MMA SCHOOL, WE ARE MORE THAN JUST A GYM – WE ARE A FAMILY.  
WE ARE DEDICATED TO HELPING YOU ACHIEVE YOUR FITNESS AND MARTIAL ARTS GOALS,  
AND WE WILL BE WITH YOU EVERY STEP OF THE WAY.

WE BELIEVE THAT TRAINING IN MMA IS MORE THAN JUST A PHYSICAL ACTIVITY,  
IT IS A LIFESTYLE. IT REQUIRES DISCIPLINE, DEDICATION, AND PERSEVERANCE.  
OUR TEAM OF EXPERIENCED INSTRUCTORS IS COMMITTED TO HELPING YOU DEVELOP  
NOT ONLY YOUR PHYSICAL SKILLS BUT ALSO YOUR MENTAL TOUGHNESS AND SELF-CONFIDENCE.

AS A MEMBER OF OUR FINISHERS FAMILY, WE ENCOURAGE YOU TO EMBRACE THE CULTURE OF  
RESPECT AND CAMARADERIE THAT DEFINES OUR COMMUNITY.

WE SUPPORT EACH OTHER BOTH INSIDE AND OUTSIDE THE GYM,  
AND WE ARE HERE TO HELP YOU ACHIEVE SUCCESS IN ALL AREAS OF YOUR LIFE.  
WE ARE EXCITED TO HAVE YOU JOIN US ON THIS JOURNEY, AND WE CAN'T WAIT TO SEE YOU  
REACH YOUR FULL POTENTIAL AS A MARTIAL ARTIST.

WELCOME TO OUR MMA FAMILY,  
AND LET'S GET STARTED ON THIS AMAZING JOURNEY TOGETHER.

SINCERELY,  
FINISHERS MMA

FINISHERS MMA

# MISSION

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AT FINISHERS MMA OUR MISSION IS TO PROVIDE A SAFE AND SUPPORTIVE ENVIRONMENT FOR INDIVIDUALS TO LEARN AND DEVELOP THEIR SKILLS IN MIXED MARTIAL ARTS AND BRAZILIAN JIU-JITSU.

WE BELIEVE IN FOSTERING A SENSE OF COMMUNITY AMONG OUR STUDENTS, INSTRUCTORS, AND STAFF, WHERE EVERYONE IS RESPECTED AND VALUED.



OUR GOAL IS TO EMPOWER OUR STUDENTS TO ACHIEVE THEIR FULL POTENTIAL BOTH INSIDE AND OUTSIDE OF THE GYM. WE STRIVE TO INSTILL DISCIPLINE, PERSEVERANCE, AND SELF-CONFIDENCE IN OUR STUDENTS THROUGH THE PRACTICE OF MARTIAL ARTS. WE BELIEVE THAT BY TEACHING OUR STUDENTS TO OVERCOME PHYSICAL AND MENTAL CHALLENGES, WE CAN HELP THEM TO SUCCEED IN ALL AREAS OF THEIR LIVES.

WE ARE COMMITTED TO PROVIDING HIGH-QUALITY INSTRUCTION FROM EXPERIENCED AND SKILLED INSTRUCTORS WHO ARE DEDICATED TO THE GROWTH AND DEVELOPMENT OF OUR STUDENTS. WE BELIEVE IN STAYING CURRENT WITH THE LATEST TECHNIQUES AND TRAINING METHODS TO ENSURE THAT OUR STUDENTS RECEIVE THE BEST EDUCATION POSSIBLE.

AT FINISHERS MMA WE WELCOME INDIVIDUALS OF ALL AGES AND SKILL LEVELS TO JOIN OUR COMMUNITY. WHETHER YOU ARE A BEGINNER OR AN EXPERIENCED MARTIAL ARTIST, WE WILL HELP YOU ACHIEVE YOUR GOALS AND REACH YOUR FULL POTENTIAL. WE ARE DEDICATED TO PROVIDING A POSITIVE AND ENRICHING EXPERIENCE FOR ALL OF OUR STUDENTS, AND WE ARE PASSIONATE ABOUT HELPING OUR STUDENTS BECOME THE BEST VERSIONS OF THEMSELVES.



# NO-GI JIU-JITSU



NO-GI JIU-JITSU IS A FORM OF BRAZILIAN JIU-JITSU (BJJ) THAT IS PRACTICED WITHOUT THE TRADITIONAL UNIFORM, CALLED THE "GI." IN NO-GI JIU-JITSU, PRACTITIONERS WEAR SHORTS AND A RASH GUARD OR T-SHIRT, AND THERE ARE NO GRIPS ALLOWED ON THE CLOTHING OF THE OPPONENT.

NO-GI JIU-JITSU PLACES GREATER EMPHASIS ON GRAPPLING AND SUBMISSIONS, AS GRIPS ON CLOTHING ARE NOT AVAILABLE TO CONTROL THE OPPONENT. THIS STYLE OF JIU-JITSU IS OFTEN PRACTICED BY MIXED MARTIAL ARTISTS AND COMPETITORS IN SUBMISSION GRAPPLING TOURNAMENTS.

NO-GI JIU-JITSU TECHNIQUES OFTEN INVOLVE BODY POSITIONING, LEVERAGE, AND JOINT LOCKS TO SUBMIT AN OPPONENT. PRACTITIONERS ALSO DEVELOP STRONG DEFENSIVE SKILLS AND STRATEGIES TO AVOID BEING SUBMITTED THEMSELVES.

## DEFINITION OF ROLLING IN NOGI JIUJITSU AND WHEN TO START DOING IT

"ROLLING" IN NO-GI JIU-JITSU REFERS TO A TRAINING DRILL WHERE PRACTITIONERS PRACTICE THEIR TECHNIQUES IN A LIVE, SPARRING-LIKE SITUATION. DURING ROLLING, TWO PRACTITIONERS ENGAGE IN A SIMULATED GRAPPLING MATCH WITHOUT THE USE OF STRIKES, WITH THE GOAL OF APPLYING TECHNIQUES AND SUBMITTING THEIR OPPONENT. ROLLING IS AN IMPORTANT PART OF TRAINING IN NO-GI JIU-JITSU AS IT ALLOWS PRACTITIONERS TO APPLY THE TECHNIQUES THEY HAVE LEARNED IN A REALISTIC AND DYNAMIC SETTING.

WHEN TO START ROLLING IN NO-GI JIU-JITSU DEPENDS ON THE INDIVIDUAL'S SKILL LEVEL AND THE GYM'S POLICIES. TYPICALLY, NEW STUDENTS ARE INTRODUCED TO BASIC TECHNIQUES AND DRILLING BEFORE THEY ARE ALLOWED TO PARTICIPATE IN ROLLING. IT IS IMPORTANT TO DEVELOP A SOLID FOUNDATION OF TECHNIQUE BEFORE ENGAGING IN LIVE SPARRING TO PREVENT INJURY AND BUILD CONFIDENCE.

ONCE A STUDENT HAS A GOOD GRASP OF THE BASIC TECHNIQUES AND CAN APPLY THEM EFFECTIVELY, THEY MAY BE INTRODUCED TO ROLLING. ROLLING CAN BE A VALUABLE LEARNING EXPERIENCE FOR BOTH BEGINNER AND ADVANCED STUDENTS, AS IT PROVIDES A CHANCE TO PRACTICE TECHNIQUES IN A DYNAMIC AND UNPREDICTABLE SETTING. HOWEVER, IT IS IMPORTANT TO REMEMBER THAT SAFETY ALWAYS COMES FIRST, AND PRACTITIONERS SHOULD TRAIN WITH CONTROL AND RESPECT FOR THEIR TRAINING PARTNERS.

# KICKBOXING



IF YOU ARE NEW TO KICKBOXING AND WANT TO GET GOOD AT STRIKING, HERE ARE SOME TIPS TO HELP YOU GET STARTED:

1. **FOCUS ON TECHNIQUE:** STRIKING WITH PROPER TECHNIQUE IS CRUCIAL TO BECOMING A GOOD KICKBOXER. PAY ATTENTION TO YOUR FORM AND WORK ON DEVELOPING CORRECT PUNCHING AND KICKING TECHNIQUES FROM THE BEGINNING. PRACTICE SLOW AND CONTROLLED MOVEMENTS TO ENSURE YOU ARE USING PROPER TECHNIQUE BEFORE INCREASING SPEED AND POWER.
2. **TRAIN CONSISTENTLY:** REGULAR PRACTICE IS ESSENTIAL TO IMPROVING YOUR STRIKING SKILLS. ATTEND CLASSES REGULARLY AND TRY TO PRACTICE OUTSIDE OF CLASS AS WELL, EVEN IF IT'S JUST SHADOWBOXING OR PRACTICING FOOTWORK AT HOME.
3. **BUILD ENDURANCE AND STRENGTH:** KICKBOXING IS A PHYSICALLY DEMANDING SPORT, SO BUILDING YOUR ENDURANCE AND STRENGTH WILL HELP YOU PERFORM BETTER. INCORPORATE CARDIO AND STRENGTH TRAINING EXERCISES INTO YOUR ROUTINE TO IMPROVE YOUR OVERALL FITNESS.
4. **WORK ON YOUR FOOTWORK:** FOOTWORK IS AN IMPORTANT PART OF KICKBOXING, AS IT ALLOWS YOU TO MOVE QUICKLY AND EVADE STRIKES. FOCUS ON DEVELOPING GOOD FOOTWORK BY PRACTICING DRILLS AND EXERCISES THAT IMPROVE YOUR AGILITY AND BALANCE.
5. **SPAR WITH PARTNERS:** SPARRING WITH OTHER KICKBOXERS IS AN IMPORTANT PART OF TRAINING, AS IT ALLOWS YOU TO PRACTICE YOUR TECHNIQUES IN A LIVE SETTING. START WITH LIGHT SPARRING AND GRADUALLY INCREASE THE INTENSITY AS YOU BECOME MORE COMFORTABLE.
6. **SEEK FEEDBACK:** ASK YOUR COACH AND TRAINING PARTNERS FOR FEEDBACK ON YOUR TECHNIQUE AND PERFORMANCE. THIS CAN HELP YOU IDENTIFY AREAS FOR IMPROVEMENT AND WORK ON THEM MORE EFFECTIVELY.
7. **REFRAIN FROM SPARRING UNTIL YOU HAVE ENOUGH EXPERIENCE AND HAVE THE APPROVAL OF A COACH.**

REMEMBER, BECOMING A GOOD KICKBOXER TAKES TIME AND PRACTICE. BE PATIENT, WORK HARD, AND STAY COMMITTED TO YOUR TRAINING TO SEE PROGRESS AND IMPROVEMENT IN YOUR STRIKING SKILLS.

# RECOVERY & NUTRITION

RECOVERY AND NUTRITION ARE CRUCIAL FOR MMA STUDENTS TO MAXIMIZE THEIR PERFORMANCE IN THE GYM AND IN THE RING. HERE ARE SOME GENERAL IDEAS FOR RECOVERY AND NUTRITION:

## RECOVERY:

1. **STRETCHING AND FOAM ROLLING:** INCORPORATING STRETCHING AND FOAM ROLLING INTO YOUR ROUTINE CAN HELP WITH MUSCLE RECOVERY AND PREVENT INJURY.
2. **REST:** GETTING ENOUGH SLEEP AND REST IS CRUCIAL FOR MUSCLE RECOVERY AND OVERALL WELL-BEING.
3. **ACTIVE RECOVERY:** ON REST DAYS, ENGAGE IN ACTIVITIES SUCH AS SWIMMING OR YOGA TO PROMOTE ACTIVE RECOVERY.
4. **HYDRATION:** DRINKING PLENTY OF WATER AND ELECTROLYTE-RICH FLUIDS CAN HELP WITH RECOVERY AND PREVENT DEHYDRATION.

## NUTRITION:

1. **BALANCED DIET:** A BALANCED DIET WITH A MIX OF PROTEIN, CARBOHYDRATES AND HEALTHY FATS CAN HELP PROVIDE THE NECESSARY NUTRIENTS FOR RECOVERY.
2. **PROTEIN INTAKE:** PROTEIN IS IMPORTANT FOR MUSCLE RECOVERY AND GROWTH, SO ENSURE YOU ARE GETTING ENOUGH THROUGH SOURCES SUCH AS LEAN MEATS, FISH, AND PLANT-BASED PROTEINS.
3. **CARB INTAKE:** CARBOHYDRATES PROVIDE ENERGY FOR TRAINING AND RECOVERY, SO CHOOSE COMPLEX CARBOHYDRATES SUCH AS WHOLE GRAINS AND VEGETABLES.
4. **HEALTHY FATS:** INCORPORATE HEALTHY FATS SUCH AS NUTS, AVOCADOS, AND OLIVE OIL INTO YOUR DIET FOR OVERALL HEALTH AND RECOVERY.
5. **SUPPLEMENTS:** SUPPLEMENTS SUCH AS PROTEIN POWDER, BCAAS, AND CREATINE CAN ALSO AID IN MUSCLE RECOVERY AND GROWTH.

IT'S IMPORTANT TO NOTE THAT INDIVIDUAL NEEDS MAY VARY, AND CONSULTING A HEALTHCARE PROFESSIONAL OR REGISTERED DIETITIAN CAN HELP DETERMINE THE BEST RECOVERY AND NUTRITION PLAN FOR YOUR SPECIFIC NEEDS.

One-on-One Instructions

# Starter Slam

6-Week Private Beginner Program

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6-session private course with a pro instructor.  
Choose Between;

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MMA

Striking

Hybrid (striking + jiu-jitsu)

Not a crowded class. Just you + coach + clear plan.



Contact front desk or email for availability and pricing

# HOW TO GET RANKED?

AT FINISHERS MMA, THE PROCESS OF GETTING RANKED IN JIU-JITSU DEPENDS ON SEVERAL FACTORS. HERE ARE SOME GENERAL TIPS FOR GETTING RANKED IN JIU-JITSU AT FINISHERS MMA:

// **ATTEND CLASSES REGULARLY:** THE MORE YOU TRAIN, THE MORE YOU WILL LEARN AND IMPROVE YOUR SKILLS. CONSISTENT ATTENDANCE IS ALSO OFTEN A REQUIREMENT FOR RANK PROMOTION.

// **DEVELOP GOOD TECHNIQUE:** FOCUS ON DEVELOPING SOLID FUNDAMENTALS AND PROPER TECHNIQUE. THIS WILL LAY THE FOUNDATION FOR MORE ADVANCED TECHNIQUES AND STRATEGIES.

// **PARTICIPATE IN SPARRING AND COMPETITION:** REGULARLY TESTING YOUR SKILLS AGAINST OTHERS IS AN IMPORTANT PART OF JIU-JITSU TRAINING. COMPETING IN TOURNAMENTS AND SPARRING WITH TRAINING PARTNERS CAN HELP YOU IDENTIFY AREAS FOR IMPROVEMENT AND REFINE YOUR TECHNIQUE.

// **LEARN AND MASTER THE CURRICULUM:** FAMILIARIZE YOURSELF WITH THE CURRICULUM BEING TAUGHT AT FINISHERS MMA AND WORK TO MASTER EACH TECHNIQUE AND CONCEPT BEFORE MOVING ON TO MORE ADVANCED MATERIAL.

// **SHOW GOOD CHARACTER:** IN ADDITION TO TECHNICAL SKILLS, JIU-JITSU PROMOTIONS OFTEN CONSIDER A STUDENT'S CHARACTER AND CONDUCT ON AND OFF THE MAT. DEMONSTRATING GOOD SPORTSMANSHIP, RESPECT, AND A POSITIVE ATTITUDE CAN HELP YOU STAND OUT AS A CANDIDATE FOR RANK PROMOTION.

IT IS IMPORTANT TO NOTE THAT THE RANKING PROCESS CAN VARY DEPENDING ON THE GYM AND THE STYLE OF JIU-JITSU BEING PRACTICED. THEREFORE, IT IS ALWAYS BEST TO CHECK WITH YOUR INSTRUCTORS AND FOLLOW THE SPECIFIC GUIDELINES AND CRITERIA FOR RANK PROMOTION AT FINISHERS MMA.

# HELP US KEEP A CLEAN & SAFE TRAINING SPACE

TO ENSURE A SAFE, HYGIENIC, AND ENJOYABLE TRAINING ENVIRONMENT FOR EVERYONE, WE KINDLY ASK ALL MEMBERS TO FOLLOW THESE ESSENTIAL HYGIENE GUIDELINES.

**NO SHOES ON THE MAT.**

**ALWAYS WEAR FLIP-FLOPS OR SHOES WHEN OFF THE MAT, ESPECIALLY IN THE BATHROOMS.**

**WEAR APPROPRIATE TRAINING GEAR (RASHGUARD, SPATS/LEGGINGS, SHORTS) THAT'S CLEAN AND FRESH.**

**REMOVE ALL JEWELRY, IF IT CAN'T BE REMOVED, COVER IT WITH TAPE.**

**KEEP LONG HAIR TIED BACK.**

**WEAR DEODORANT, BUT AVOID COLOGNES OR PERFUMES.**

**KEEP FINGERNAILS AND TOENAILS TRIMMED.**

**COVER ANY CUTS, BURNS, OR WOUNDS COMPLETELY, SANITIZE BEFORE AND AFTER TRAINING.**

**DO NOT TRAIN IF YOU HAVE A WOUND THAT'S INFECTED OR BLEEDING, IF YOU'RE SICK, OR IF YOU HAVE A RASH OR SKIN INFECTION.**

**NO FOOD OR GUM ON THE MATS.**

**CHANGE OUT OF SWEATY GEAR IMMEDIATELY AFTER EACH CLASS, AVOID DRIVING HOME IN DIRTY CLOTHES.**

**SHOWER AS SOON AS POSSIBLE AFTER TRAINING.**

# WHAT TO WEAR

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## JIU-JITSU

- SHORTS TIGHTS AND A RASH GUARD
- NO T-SHIRTS , ANYTHING SLEEVELESS, NOTHING WITH POCKETS, BUTTONS OR ZIPPERS
- NO HAIR DYE MAKEUP OR PERFUME OR COLOGNE
- NO JEWELRY

**KICKBOXING** - SHORTS AND A T SHIRT ARE FINE AND GLOVES AND HAND WRAPS

**ADVANCED.** - SHIN PADS, MOUTHPIECE, HELMET, GLOVES GROIN CUP

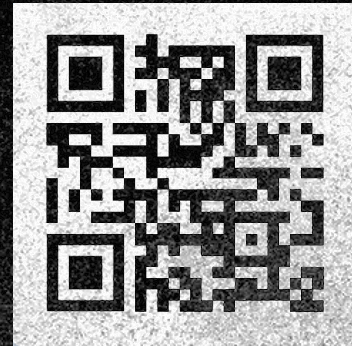
- IF YOUR TAKING TWO CLASSES YOU MUST CHANGE CLOTHES

**SHOWER** - BEFORE CLASS IF YOU ARE DIRTY FROM THE DAY, SHOWER AFTER CLASS WITH ANTIMICROBIAL SOAP LIKE DEFENSE SOAP SOLD AT THE FRONT DESK.



# GEAR UP

FOR THE FIGHT WITH  
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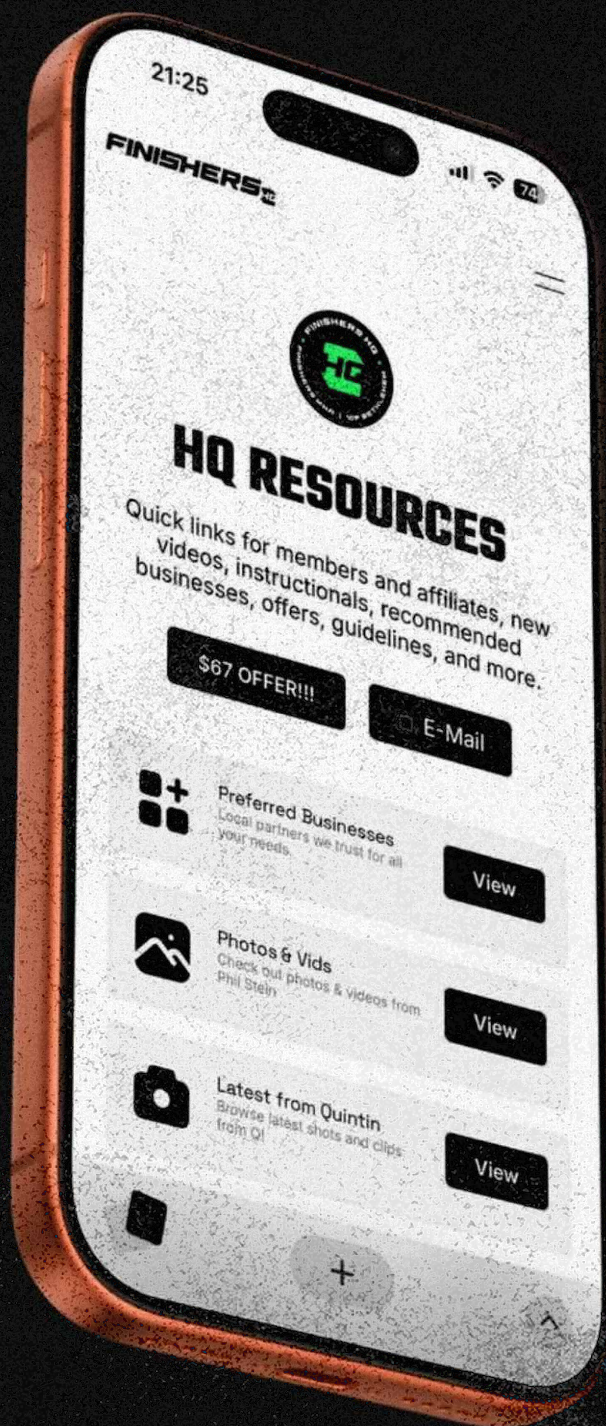
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## LATEST GEAR

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# HQ Resources

Visit our full resources page

[FINISHERSMMA.COM/RESOURCES](http://FINISHERSMMA.COM/RESOURCES)

TO FIND OUT QUICK LINKS TO OUR  
// MEMBERS AND AFFILIATES  
// NEW VIDEOS AND INSTRUCTIONALS  
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# WARMING UP THE 10TH PLANET WAY DVD FROM BJJ FANATICS NOW AVAILABLE!



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MY ACCOUNT



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BJJ Fanatics ▸ [Warming Up The 10th Planet Way By Zach Maslany And Jon Blank](#)

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## Warming Up The 10th Planet Way By Zach Maslany And Jon Blank

[Details](#) [Contents](#)



Preview This Course

Zach Maslany & Jon Black of 10th-Planet Bethlehem Teach The Method Behind Their Madness With Their Warm Ups That Students Can Use To Flow, Warm Up, & Improve Quicker

\$97.00

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- Designed For All Levels** - Whether you're a beginner or an advanced fighter, this course will change your game.
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# MONDAY

|        |                   |                                        |
|--------|-------------------|----------------------------------------|
| MAT 01 | 11:00AM - 01:00PM | 10TH PLANET JIU-JITSU [ ALL LEVELS ]   |
|        | 04:15PM - 05:00PM | KIDS JIU-JITSU [ 4YRS - 7YRS ]         |
|        | 05:00PM - 06:00PM | KIDS JIU-JITSU [ 8YRS - 12YRS ]        |
|        | 06:00PM - 08:00PM | 10TH PLANET JIU-JITSU [ ADVANCED ]     |
|        | 08:00PM - 09:30PM | 10TH PLANET JIU-JITSU [ FUNDAMENTALS ] |
| MAT 02 | 06:00PM - 07:00PM | STRIKING [ FUNDAMENTALS ]              |
|        | 07:00PM - 08:00PM | STRIKING [ ADVANCED ]                  |
|        | 08:00PM - 10:00PM | MMA                                    |

# WEDNESDAY

|        |                   |                                      |
|--------|-------------------|--------------------------------------|
| MAT 01 | 06:00AM - 07:00AM | 10TH PLANET JIU-JITSU [ALL LEVELS]   |
|        | 11:00AM - 01:00PM | 10TH PLANET JIU-JITSU [ALL LEVELS]   |
|        | 04:15PM - 05:00PM | KIDS JIU-JITSU [ 4YRS - 7YRS ]       |
|        | 05:00PM - 06:00PM | KIDS JIU-JITSU [ 8YRS - 12YRS ]      |
|        | 06:00PM - 08:00PM | 10TH PLANET JIU-JITSU [ADVANCED]     |
| MAT 02 | 08:00PM - 09:30PM | 10TH PLANET JIU-JITSU [FUNDAMENTALS] |
|        | 06:00PM - 07:00PM | STRIKING FUNDAMENTALS                |
|        | 07:00PM - 08:00PM | INTERMEDIATE/ADVANCED DRILLS         |
|        | 08:00PM - 10:00PM | MMA                                  |

# SATURDAY

|    |                   |                                    |
|----|-------------------|------------------------------------|
| M1 | 09:00AM - 10:30AM | 10TH PLANET JIU-JITSU [ALL LEVELS] |
| M2 | 10:00AM - 11:00AM | STRIKING FUNDAMENTALS              |

WEEKLY SCHEDULE IS SUBJECT TO CHANGE. TO STAY UP-TO-DATE, VISIT [FINISHERSMMA.COM/SCHEDULE](http://FINISHERSMMA.COM/SCHEDULE)

# TUESDAY

|        |                   |                                    |
|--------|-------------------|------------------------------------|
| MAT 01 | 06:00PM - 07:30PM | 10TH PLANET JIU-JITSU [ALL LEVELS] |
|        | 08:00PM - 09:30PM | 10TH PLANET JIU-JITSU [ADVACNED]   |
| MAT 2  | 05:00PM - 06:00PM | KIDS STRIKING                      |
|        | 06:00PM - 07:00PM | STRIKING FUNDAMENTALS              |
|        | 07:00PM - 08:00PM | INTERMEDIATE/ADVANCED DRILLS       |

# THURSDAY

|        |                   |                                    |
|--------|-------------------|------------------------------------|
| MAT 01 | 06:00PM - 07:30PM | 10TH PLANET JIU-JITSU [ALL LEVELS] |
|        | 08:00PM           | SPARRING                           |
| M2     | 05:00PM - 06:00PM | KIDS STRIKING                      |
|        | 06:00PM - 07:00PM | STRIKING FUNDAMENTALS              |

# FRIDAY

|        |                   |                                    |
|--------|-------------------|------------------------------------|
| MAT 01 | 11:00AM - 01:00PM | 10TH PLANET JIU-JITSU [ALL LEVELS] |
|        | 04:15PM - 05:00PM | KIDS JIU-JITSU [ 4YRS - 7YRS ]     |
|        | 05:00PM - 06:00PM | KIDS JIU-JITSU [ 8YRS - 12YRS ]    |
|        | 06:00PM - 07:30PM | 10TH PLANET JIU-JITSU [ALL LEVELS] |
| M2     | 06:00PM - 07:30PM | STRIKING FUNDAMENTALS              |

# SUNDAY

|    |        |
|----|--------|
| M1 | CLOSED |
|----|--------|

# CLASS SCHEDULE

# CONCLUSION

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AS A MEMBER OF THE FINISHERS MMA TEAM, YOU ARE NOW PART OF A COMMUNITY OF WARRIORS WHO STRIVE TO ACHIEVE GREATNESS BOTH INSIDE AND OUTSIDE THE GYM.

ALWAYS REMEMBER, "HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD."  
OUR TEAM IS BUILT ON DISCIPLINE, PERSEVERANCE, AND THE DESIRE TO BE THE BEST.  
"CHAMPIONS AREN'T MADE IN THE GYMS. CHAMPIONS ARE MADE FROM SOMETHING  
THEY HAVE DEEP INSIDE THEM: A DESIRE, A DREAM, A VISION."

KEEP PUSHING YOURSELF TO NEW LIMITS AND NEVER GIVE UP, BECAUSE AT FINISHERS MMA,  
WE BELIEVE THAT "IT'S NOT ABOUT HOW HARD YOU HIT, IT'S ABOUT HOW HARD  
YOU CAN GET HIT AND KEEP MOVING FORWARD."