



**Instructor:**  
**Lighthouse Sports**  
**Center Staff**

**Ages**  
**6-18**

# MMA

## MIXED MARTIAL ARTS

**This Mixed Martial Arts class will involve all the basics of Kickboxing, Wrestling, and Jiu Jitsu. Class will also include conditioning and light sparring. Mouth piece, water bottle, and fitted workout clothing is recommended.**

**THURSDAYS**  
**5-5:55 p.m.**

**OCT 10-NOV 21**  
**(No class Oct 31)**  
**\$49/5 weeks**

Location: Norwalk Arts & Sports Complex (NASC),  
13000 Clarkdale Ave.

Register today at the NASC, or online at [norwalk.org](http://norwalk.org).

For more information,  
please call (562) 929-5566.