

EFFINGHAM COMBAT ACADEMY

Wrestling • Lil' Wrestlers • BJJ • Striking • Muay Thai • Lil' Fighte... — Weekly Schedule

Updated Jul 17, 2026

MON	TUE	WED	THU	FRI	SAT
3:30p–4:00p Beginner Lil' Fighters	3:30p–4:00p Beginner Lil' Wrestlers	3:30p–4:00p Beginner Lil' Fighters	3:30p–4:00p Beginner Lil' Wrestlers	4:00p–4:50p Junior Muay Thai	10:00a–11:00a Junior Advanced BJJ
4:00p–4:50p Junior Striking	4:00p–4:30p Beginner Lil' Wrestlers	4:00p–4:50p Junior Muay Thai	4:00p–4:30p Beginner Lil' Wrestlers	5:00p–5:50p Junior Striking	11:00a–11:50a Junior BJJ
5:00p–5:50p Junior BJJ	4:30p–5:00p Beginner Lil' Wrestlers	5:00p–5:50p Junior BJJ	4:30p–5:00p Beginner Lil' Wrestlers	6:00p–7:00p Adult Muay Thai	12:00p–1:30p Adult BJJ
6:00p–7:30p Adult BJJ	5:00p–5:50p Junior Wrestling	6:00p–7:00p Tournament Team BJJ	5:00p–5:50p Junior Wrestling	7:00p–8:30p Invite Only AB Fight Team	
7:30p–8:30p Adult Muay Thai	6:00p–7:00p Junior Advanced BJJ	7:00p–8:30p Adult BJJ	6:00p–7:00p Junior Advanced BJJ		
	7:00p–8:00p Adult Striking		7:00p–8:00p Adult Striking		
	8:00p–9:00p Invite Only AB Fight Team				

PROGRAMS

Wrestling

Lil' Wrestlers

BJJ

Striking



FOLLOW US ON



Effingham Combat Academy



Muay Thai

Lil' Fighters

AB Fight Team