# EFFINGHAM COMBAT ACADEMY

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

Updated Sep 2, 2026

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

**PROGRAMS**

Wrestling · Lil' Wrestlers · BJJ · Striking · Muay Thai · Lil' Fighters · AB Fight Team

**FOLLOW US ON**

Effingham Combat Academy