

Adrenaline Combat Sports & Fitness
 1930 South E. Street
 San Bernardino CA 92404
 Tel: (888) 423-2496
 Fax: (909) 266-1686
 www.adrenalinefc.com



Business Hours:
 Mon-Fri: 8am-9pm
 Sat-Sun: 8am-9pm

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brazilian JJ Instructor: Brady Fink							
Youth		5pm-6pm		5pm-6pm			
No Gi		6pm-7:30pm		6pm-7:30pm			
Gi		7:30pm-8:30pm		7:30pm-8:30pm		11:30pm-1pm	Open Mat
Boxing Instructors: Alex Ramos, Richard Ruiz, Jesse Marquez							
Beginners	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm		Open Ring
Advanced	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm		
Fitness Instructors : Chris Manzo, Mosses Murrieta							
Stren. N Cond.	5:30pm-6pm	5:30pm-6pm	5:30pm-6pm	5:30pm-6pm			Open Mat
Cardio KB	6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm			
Fit Seminar		4:15pm-4:45pm		4:15pm-4:45pm			
Judo Instructors: Ernie Vasquez							
Youth	6:30pm-8:pm		6:30pm-8:pm				Open Mat
Adults	6:30pm-8:pm		6:30pm-8:pm		6:30pm-8:pm		
M.M.A							
Adults	10am-11am	6pm:7:30pm	10am-11am	6pm:7:30pm	10am-11am	10am-11:15am	
Sparring	7:30pm-8:30pm		7:30pm-8:30pm				
Muay Thai Chris Manzo, Adam Rothweiler, Tony Juan							
Youth		4pm-5pm		4pm-5pm		10am-11pm	Open Ring
Beg/Adv		10am-11am		10am-11am			
Beginners	5pm-6pm	5pm-6pm	5pm-6pm	5pm-6pm	5pm-6pm		
Advanced	6pm-7:30pm		6pm-7:30pm		6pm-7:30pm		
Beginners	7:30pm-8:30pm		7:30pm-8:30pm		7:30pm-8:30pm		
Grappling Instructors: Chris Manzo							
Youth	4pm-5pm		4pm-5pm		4pm-5pm		Open Mat
Tang Soo Do Hapkido Instructor: Master Olivarez							
Little Dragons 3-5	4pm-4:30pm		4pm-4:30pm				
Beg 5-12	4:30pm-5:30pm		4:30pm-5:30pm				Open Mat
Int/ Adv 12+	5:30pm-6:30pm		5:30pm-6:30pm				
Adults	6:30pm-7:30pm		6:30pm-7:30pm				