

Schedule

Monday

Tuesday

Wednesday

Thursday

7:30 am

BJJ Basics

7:30 am

BJJ Basics

9:30 am

Little Ninjas

(4-7yrs)

10:00 am

Youth BJJ

(8-13yrs)

11:00 am

BJJ Basics

12:00 pm

Advanced

Jiu Jitsu

12:00 pm

No-Gi

Grappling

12:00 pm

Open Mat

5:00 pm

Youth BJJ

(8-13yrs)

5:00 pm

Little Ninjas

(4-7yrs)

5:00 pm

Youth BJJ

(8-13yrs)

5:00 pm

Little Ninjas

(4-7yrs)

Schedule

6:00 pm	
BJJ Basics	6:00 pm
BJJ Basics	
7:00 pm	
Advanced	
Jiu Jitsu	7:30 pm
Boxing	7:00 pm
No-Gi	
Grappling	
7:30 pm	
MMA	