

STAY UP TO DATE ON CLASS TIMES!

PROGRAM SCHEDULE

Here you can find all the information you need about our class schedule, including times, dates, and locations.

We offer a variety of classes throughout the week, including both Gi and No-Gi sessions. Our classes are designed for students of all skill levels, from beginners to advanced practitioners. Our instructors are experienced and passionate about teaching Jiu-Jitsu, and are committed to helping you achieve your goals.

Please note that our schedule may be subject to change, so we encourage you to check back regularly for updates. We also offer private lessons, which can be scheduled at a time that is convenient for you. If you have any questions about our schedule or classes, please don't hesitate to contact us.

We look forward to seeing you on the mat!

Monday	Tuesday	Wednesday	Thursday
Kickboxing 10:00 am	Kickboxing 10:00 am	Kickboxing 10:00 am	Kickboxing 10:00 am
Kid's BJJ 5:30 pm	Kid's Karate/MMA 5:30 pm	Kid's BJJ 5:30 pm	Kid's Karate/MMA 5:30 pm
Teen/Adult's BJJ 6:30 pm	Teen/Adult's No-Gi 6:30 pm	Teen/Adult's BJJ 6:30 pm	Teen/Adult's No-Gi 6:30 pm
Kickboxing/MMA 7:30 pm	Kickboxing/MMA 7:30 pm	Kickboxing/MMA 7:30 pm	Kickboxing/MMA 7:30 pm