

NINENIN

Mondays - Wednesdays - Fridays

7:00 AM - 8:30 AM
All Levels BJJ

12:00 PM - 1:30 PM
All Levels BJJ

6:00 PM - 7:00 PM
Basics/Fundamentals

7:00 PM - 8:00 PM
All Levels (Advanced Techniques)

Tuesdays and Thursdays

9:00 AM - 10:00 AM
Boxing with Professor Kory

12:00 PM - 1:30 PM
All Levels No Gi

6:00 PM - 7:00 PM
All Levels No Gi

7:00 PM - 8:00
Mixed Martial Arts

8:15 PM - 9:00 PM
Yoga

Saturdays

10:00 AM - 11:30 AM
Adult Competition Techniques

Sundays

8:30 AM - 9:30 AM
Yoga

10:00 AM - 12:00 PM
Open Mat

Kids Classes

Mondays - Wednesdays - Fridays

4:15 PM - 5:00 PM
Ages 4 - 8 BJJ with Coach Rasta
5:00 PM - 6:00 PM
Ages 9 - 14 BJJ with Coach Rasta

Tuesdays and Thursdays

5:00 PM - 6:00 PM
Ages 4 - 14 No Gi Self Defense with Coach Rick

Saturdays

9:00 AM - 10:00 AM
Kids Competition Techniques

(858) 987 0257

4425 Convoy St. #210 San Diego, CA 92111