

ADULT CLASSES

MONDAY | WED | FRIDAY

6:30-7:30 am – Gi Jiu-Jitsu
12-1:30 pm – Advanced Gi Jiu-Jitsu
6-8 pm – Gi Jiu-Jitsu



TUESDAY

8-9 am – Boxing
12-1:30 pm – Advanced No-Gi Jiu-Jitsu
6-7 pm – All Levels No-Gi Jiu-Jitsu
7-8 pm – MMA
8-9:30PM - Fundamental No-Gi Jiu-Jitsu

THURSDAY

8-9 am – Boxing
12-1:30 pm – Advanced No-Gi Jiu-Jitsu
6-7 pm – All Levels No-Gi Jiu-Jitsu
7-8 pm – MMA
8-9:30 pm – SD Wrestling Club

SATURDAY

11-12 pm – Open Mat

KIDS CLASSES

MONDAY | WED | FRIDAY

5-6 pm – Kids Gi Jiu-Jitsu

TUESDAY | THURSDAY

5-6 pm – Kids MMA

SATURDAY

9-10 am – Kids Gi Jiu-Jitsu

BABY TURTLE CLASS

SATURDAY

10:15-10:45 am – Baby Turtle Jiu-Jitsu (Ages 18months - 3 years)