



Schedule & Class Descriptions

Monday | Wed | Friday

12-1:30 pm – Advanced Gi Jiu-Jitsu

5-6 pm – Kids Gi Jiu-Jitsu

6-8 pm – Gi Jiu-Jitsu

Tuesday/Thursday

6:30-7:30 am – Gi Jiu-Jitsu

12 -1:30 pm Advanced Gi Jiu-Jitsu

5-6 pm Kids No-Gi

6- 7 pm No-Gi Jiu-Jitsu

8-9PM – MMA

Saturday/Sunday

10am Open Mat
