

# CONTACT US IF YOU HAVE ANY QUESTIONS ABOUT OUR CLASSES.

## 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!

**\* PRIVATE CLASSES ARE AVAILABLE BY APPOINTMENT**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BJJ Gi All Levels 10:00 - 11:00 am	BJJ Adult All Levels 12:00 - 1:15 pm	BJJ Gi All Levels 10:00 - 11:00 am	BJJ Adult All Levels 12:00 - 1:15 pm	BJJ Gi All Levels Adults 12:00 - 1:15 pm	BJJ No-Gi 9:30 - 10:30 am	No Classes Sunday
BJJ Gi All Levels 6:00 - 7:15 pm	BJJ Gi Fundamentals 4:00 - 5:00 pm	BJJ Gi All Levels 6:00 - 7:00 pm	BJJ Gi Fundamentals 4:00 - 5:00 pm		BJJ Gi Kids & Teens 10:30 - 11:15 am	
	BJJ Gi Kids & Teens 5:00 - 5:45 pm		BJJ Gi Kids & Teens 5:00 - 5:45 pm		BJJ Gi All Levels 11:15 am - 12:30 pm	
	BJJ Gi All Levels 6:00 - 7:15 pm		BJJ Gi All Levels 6:00 - 7:15 pm			
	BJJ No-Gi 7:15 - 8:15 pm		BJJ Gi Blue Belts & Above 7:15 - 8:15 pm			