

STAY UP TO DATE ON CLASS TIMES!

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

DOWNSTAIRS SCHEDULE:

| Monday                                | Tuesday  | Wednesday                                  | Thursday   | Friday                                   | Saturday                                | Sunday  |
|---------------------------------------|--|--|--|--|---|---|
| BJJ Gi All Levels<br>6:00 - 6:45 am   | BJJ Gi All Levels<br>6:00 - 6:45 pm                  | BJJ Gi Adults All Levels<br>6:00 - 6:45 am | BJJ Gi All Levels<br>6:00 - 6:45 am                  | BJJ No Gi All Levels<br>12:00 - 1:15 pm  | BJJ No Gi All Levels<br>9:00 - 10:00 am | Family Open Mat<br>9:00 - 10:00 am                                  |
| BJJ Gi All Levels<br>12:00 - 1:15 pm  | BJJ Gi All Levels<br>10:00 - 11:00 am                |  | BJJ Gi All Levels<br>10:00 - 11:00 am                | BJJ Gi All Levels<br>4:00 - 5:00 pm      | BJJ Gi All Levels<br>10:00 - 11:00 am   | Competition Class White Belts 2 Stripes & Above<br>10:00 - 11:15 am |
| BJJ Gi All Levels<br>4:00 - 5:00 pm   | BJJ Gi All Levels<br>12:00 - 1:15 pm                 | BJJ Gi All Levels<br>12:00 - 1:15 pm       | BJJ Gi All Levels<br>12:00 - 1:15 pm                 | BJJ Gi Teens<br>5:00 - 6:00 pm           |   |   |
| BJJ Gi Teens<br>5:00 - 6:00 pm        | BJJ Gi Fundamentals<br>6:00 - 7:00 pm                | BJJ Gi All Levels<br>4:00 - 5:00 pm        | BJJ Gi Fundamentals<br>6:00 - 7:00 pm                | Open Mat Gi All Levels<br>6:15 - 7:15 pm |   |   |
| BJJ Gi Fundamentals<br>6:15 - 7:15 pm | BJJ Gi Advanced Blue Belts & Above<br>7:00 - 8:00 pm | BJJ Gi Teens<br>5:00 - 6:00 pm             | BJJ Gi Advanced Blue Belts & Above<br>7:00 - 8:00 pm |  |   |   |
| BJJ Gi All Levels<br>7:15 - 8:15 pm   |  | BJJ Gi Fundamentals<br>6:15 - 7:15 pm      |  |  |   |   |
|                                       |  | BJJ No Gi<br>7:15 - 8:15 pm                |  |  |   |   |

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UPSTAIRS SCHEDULE:

| Monday  | Tuesday                             | Wednesday  | Thursday                           | Friday                                     | Saturday                             | Sunday               |
|---|-------------------------------------|--|------------------------------------|--|--------------------------------------|----------------------|
| BJJ Gi Little Ones (3-4)<br>4:30 - 5:00 pm          | BJJ Women's Class<br>6:00 - 7:00 pm | BJJ Gi Kids (5-8)<br>5:00 - 5:45 pm                  | No-Gi All Levels<br>6:00 - 7:00 pm | BJJ Gi Little Ones (3-4)<br>4:30 - 5:00 pm | BJJ Women's Class<br>9:00 - 10:00 am | No Classes<br>Sunday |
| BJJ Gi Kids (5-8)<br>5:00 - 5:45 pm                 |                                     | BJJ Gi Advanced Blue Belts & Above<br>6:00 - 7:00 pm |                                    | BJJ Gi Kids (5-8)<br>5:00 - 5:45 pm        |                                      |                      |
| No-Gi Advanced Blue Belts & Above<br>6:00 - 7:00 pm |                                     |  |                                    |  |                                      |                      |