

STAY UP TO DATE ON CLASS TIMES!

CONTACT US IF YOU HAVE ANY QUESTIONS ABOUT OUR CLASSES.

* PRIVATE CLASSES ARE AVAILABLE BY APPOINTMENT

UPSTAIRS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BJJ Gi Little Ones (3-4) 4:30 - 5:00 pm	BJJ Women's Class 6:00 - 7:00 pm	BJJ Gi Kids (5-8) 5:00 - 5:45 pm		BJJ Gi Little Ones (3-4) 4:30 - 5:00 pm	BJJ Women's Class 9:00 - 10:00 am	No Classes Sunday
BJJ Gi Kids (5-8) 5:00 - 5:45 pm		BJJ Gi Advanced Blue Belts & Above 6:00 - 7:00 pm		BJJ Gi Kids (5-8) 5:00 - 5:45 pm		
No-Gi Advanced Blue Belts & Above 6:00 - 7:00 pm						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BJJ Gi All Levels 6:00 - 6:45 am	BJJ Gi All Levels 6:00 - 6:45 pm	BJJ Gi Adults All Levels 6:00 - 6:45 am	BJJ Gi All Levels 6:00 - 6:45 am	BJJ No Gi All Levels 12:00 - 1:15 pm	BJJ No Gi All Levels 9:00 - 10:00 am	No Classes Sunday
BJJ Gi All Levels 12:00 - 1:15 pm	BJJ Gi All Levels 10:00 - 11:00 am		BJJ Gi All Levels 10:00 - 11:00 am	BJJ Gi All Levels 4:00 - 5:00 pm	BJJ Gi All Levels 10:00 - 11:00 am	
BJJ Gi All Levels 4:00 - 5:00 pm	BJJ Gi All Levels 12:00 - 1:15 pm	BJJ Gi All Levels 12:00 - 1:15 pm	BJJ Gi All Levels 12:00 - 1:15 pm	BJJ Gi Teens (9-13) 5:00 - 6:00 pm		
BJJ Gi Teens (9-13) 5:00 - 6:00 pm	BJJ Gi Fundamentals 6:00 - 7:00 pm	BJJ Gi All Levels 4:00 - 5:00 pm	BJJ Gi Fundamentals 6:00 - 7:00 pm	Open Mat Gi All Levels 6:15 - 7:15 pm		
BJJ Gi Fundamentals 6:15 - 7:15 pm	BJJ Gi Advanced Blue Belts & Above 7:00 - 8:00 pm	BJJ Gi Teens (9-13) 5:00 - 6:00 pm	BJJ Gi Advanced Blue Belts & Above 7:00 - 8:00 pm			
BJJ Gi All Levels 7:15 - 8:15 pm		BJJ Gi Fundamentals 6:15 - 7:15 pm				
		BJJ No Gi 7:15 - 8:15 pm				