



MONDAY

12:00 PM - 1:00 PM
Jiu Jitsu: All Levels

4:30 PM - 5:15 PM
Tiny Grapplers
(ages 5-9)

5:30 PM - 6:30 PM
Jr. Grapplers
(ages 9-13)

6:30 PM - 7:30 PM
Jiu Jitsu: All Levels

7:30 PM - 8:30 PM
Advanced Jiu Jitsu

TUESDAY

12:00 PM - 1:00 PM
No-Gi Jiu Jitsu

6:30 PM - 7:30 PM
No-Gi Jiu Jitsu - All Levels

WEDNESDAY

12:00 PM - 1:00 PM
Jiu Jitsu: All Levels

4:30 PM - 5:15 PM
Tiny Grapplers
(ages 5-9)

5:30 PM - 6:30 PM
Jr. Grapplers
(ages 9-13)

6:30 PM - 7:30 PM
Jiu Jitsu: All Levels

7:30 PM - 8:30 PM
Advanced Jiu Jitsu

THURSDAY

12:00 PM - 1:00 PM
No-Gi Jiu Jitsu

6:30 PM - 7:30 PM
No-Gi Open Mat

SATURDAY

10:00 AM - 11:00 AM
Kids Jiu Jitsu
(all ages)

11:00 AM - 2:00 PM
Open Mat

CONTACT US

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