

Monday:

Kids Jiu Jitsu Ages 5-8yrs: 5:30 – 6:15pm
Kids Jiu Jitsu Ages 9-13yrs: 6:30 – 7:15pm
Adult Jiu Jitsu (GI): 7:30 – 8:30pm

Tuesday:

Adult Jiu Jitsu: 10:00 – 11:00am
Striking: 4:00 – 5:00pm **ages 15 and up*
Kids Jiu Jitsu Ages 5-8yrs: 5:15 – 6:00pm
Adult No-Gi Jiu Jitsu: 6:15 – 7:15pm
Adult Jiu Jitsu(GI): 7:30 – 8:30pm **members only*

Wednesday:

Kids Jiu Jitsu Ages 5-8Yrs: 5:30 – 6:15pm
Kids Jiu Jitsu Ages 9-13Yrs: 6:30 – 7:15pm
Adult Jiu Jitsu(GI): 7:30 – 8:30pm

Thursday:

Adult Jiu Jitsu: 10:00 – 11:00am
Striking: 4:00 – 5:00pm **ages 15 and up*
Adults Intro to Jiu Jitsu(GI): 5:15 – 6:00pm
Adult No-Gi Jiu Jitsu: 6:15 – 7:15pm
Adult Jiu Jitsu(GI): 7:30 – 8:30pm **members only*

Friday:

Adult Jiu Jitsu: 10:00 – 11:00am
Teens Jiu Jitsu: 5:15 – 6:00pm
Adult Advanced Jiu Jitsu Training: 6:15 – 7:15pm

Saturday:

Kids Jiu Jitsu Ages 9-15Yrs: 10:00 – 10:45am **ages 9 to 15yrs Old*
Adult Jiu Jitsu(GI): 11:00 – 12:00pm
Striking: 12:30 – 1:30pm **ages 15 and up*

Sunday:

Striking: 12:30 – 1:30pm **ages 15 and up*
Women's Only Jiu Jitsu: 2:00 – 3:00pm **ages 13 and up*