

MONDAY

5:00 - 5:30 PM
MIGHTY WARRIORS

5:45 - 6:30 PM
KIDS BJJ

6:30 - 8:30 PM
ADULT BJJ

TUESDAY

7:00 - 8:00 AM
ADULT BJJ

8:00 - 9:00 AM
OPEN MAT

4:30 - 5:15 PM
KIDS SELF-DEFENSE

5:15 - 6:00 PM
KIDS BJJ

6:00 - 6:30 PM
KIDS COMP TEAM

6:30 - 7:30 PM
KICKBOXING

7:30 - 8:30 PM
SD & BJJ COMBO

WEDNESDAY

5:00 - 5:30 PM
MIGHTY WARRIORS

5:45 - 6:30 PM
KIDS BJJ

6:30 - 8:30 PM
ADULT BJJ

6:30 - 7:00 PM
30 MIN FIT

THURSDAY

7:00 - 8:00 AM
ADULT BJJ

8:00 - 9:00 AM
OPEN MAT

4:30 - 5:15 PM
KIDS SELF-DEFENSE

5:15 - 6:00 PM
KIDS BJJ

6:00 - 6:30 PM
KIDS COMP TEAM

6:30 - 7:30 PM
KICKBOXING

7:30 - 8:30 PM
ADULT SELF-DEFENSE

FRIDAY

6:00 - 7:00 PM
WRESTLING

SATURDAY

7:00 - 9:00 AM
OPEN MAT

**CLOSED
SUNDAY**



DENOTES SCHEDULE CHANGE

