

MONDAY

5pm Kids Class

6pm Adult BJJ

7pm Open Mat
adults

TUESDAY

6am Beginners
adults

9am Beginners
adults

10am Open Mat
Adult

6pm Adult
NoGi

7pm Open Mat
Adults

WEDNESDAY

9am Beginners
adults

5pm Kids Class

5pm Muay Thai

6pm Adult BJJ

7pm Open Mat
adults

THURSDAY

6am Beginners
adults

9am Beginners
adults

10am Open Mat
Adult

6pm Beginners
NoGi

7pm Open Mat
Adults

FRIDAY

5pm Kids Class

6pm Adult BJJ

7 Open Mat
Adult

SATURDAY

9am Womens
Self Defense

10am Yoga

11am Open Mat
Adults

SUNDAY

10am Muay Thai

11am MMA Spring