



SCHEDULE

Monday

10am- Adult JiuJitsu
5pm- Kids JiuJitsu / Adult Cardio Kickboxing
6pm- Adult MMA / Adult JiuJitsu
7pm- Adult NoGi

Tuesday

6am- Adult JiuJitsu
5pm- Kids JiuJitsu / Kids MMA(age8-13)
6pm- Adult Kickboxing / Adult NoGi
7pm- Adult JiuJitsu

Wednesday

10am- Adult JiuJitsu
5pm- Kids JiuJitsu / Adult Cardio Kickboxing
6pm- Adult MMA / Adult JiuJitsu
7pm- Adult NoGi

Thursday

6am- Adult JiuJitsu
5pm- Kids JiuJitsu / Kids MMA(age8-13)
6pm- Adult Kickboxing / Adult NoGi
7pm- Adult JiuJitsu

Friday

10am- Women's Adult JiuJitsu
5pm- Kids NoGi Competition class(age8-13)
6pm- Adult Open Mat

Saturday

9am- Kids Kickboxing / Adult Cardio Kickboxing
11am- Adult JiuJitsu

Sunday

10am- Adult Open mat