

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 1:30	12:00 - 1:30	12:00 - 1:30	12:00 - 1:30	12:00 - 1:30
BJJ All Levels	BJJ All Levels	BJJ All Levels	BJJ All Levels	No-Gi BJJ All Levels
6:00 - 6:30	6:00 - 7:00	6:00 - 6:30	6:00 - 7:00	6:00 - 6:30
BJJ Little Kids	BJJ Beginners	BJJ Little Kids	BJJ Beginners	BJJ Little Kids
6:30 - 7:30	7:00 - 8:00	6:30 - 7:30	7:00 - 8:00	6:30 - 7:30
BJJ Big Kids	BJJ All Levels	BJJ Big Kids	BJJ All Levels	BJJ Big Kids
7:30 - 9:00	8:00 - 9:00	7:30 - 9:00	8:00 - 9:00	
BJJ All Levels	MMA All Levels	BJJ All Levels	MMA All Levels	

Secondary Mat Schedule

6:30 - 7:30	6:00 - 7:00	6:30 - 7:30	6:00 - 7:00	6:30 - 7:30
Beginners Jiu-Jitsu	Muay Thai	Beginners Jiu-Jitsu	Muay Thai	Beginners Jiu-Jitsu (No Gi)

Saturday Classes:
 Advanced BJJ - 10:30am - Noon
 Open Mat - Noon - 1:30

**Sunday:
 Closed**



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 BRAZILIAN JIU-JITSU

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