

CLASS SCHEDULE 24



Monday:

5-6pm Kids BJJ FULL GI

6-7pm Adult BJJ FULL GI

Tuesday:

5-6pm Kids BJJ NO GI

6-7pm Adult BJJ NO GI

7-8pm Muay Thai Kickboxing

Wednesday:

12-1pm Homeschool BJJ NO GI

5-6pm Kids BJJ FULL GI

6-7pm Adult BJJ FULL GI

Thursday:

5-6pm Kids BJJ NO GI

6-7pm Adult BJJ NO GI

7-8pm Muay Thai Kickboxing

Friday:

12-1pm Homeschool BJJ FULL GI

6:30-7:30pm Adult Wrestling - COMING SOON

Saturday:

10am-11am Kids BJJ FULL GI

11am-12pm Adult OPEN MAT