

Weekly Schedule

Monday

- Jr. Grapplers-(8-13) 5:00pm-6:00pm
- Adult Jiu Jitsu-6:00pm-7:00pm
- Adult Jiu Jitsu Sparring-7:00pm-7:30pm

Tuesday

- Adult Jiu Jitsu-12:00pm-1:00pm
- Adult Jiu Jitsu Sparring-1:00pm-1:30pm
- Little Champs (4-7) 5:00pm-6:00pm
- Adult Jiu Jitsu 6:00pm-7:00pm
- Adult Jiu Jitsu Sparring-7:00pm-7:30pm
- Judo-7:30pm-9:00pm

Wednesday

- Jr. Grapplers (8-13)-5:00pm-6:00pm
- Adult Jiu Jitsu 6:00pm-7:00pm
- Adult Jiu Jitsu Sparring-7:00pm-7:30pm

Thursday

- Adult Jiu Jitsu-12:00pm-1:00pm
- Adult Jiu Jitsu Sparring-1:00pm-1:30pm
- Little Champs-(4-7) 5:00pm-6:00pm
- Adult Jiu Jitsu 6:00pm-7:00pm
- Adult Jiu Jitsu-Sparring 7:00pm-7:30pm
- Judo 7:30pm-9:00pm

Friday

- Jiu Jitsu VIP Lessons-11:00am-12:00pm
- Jiu Jitsu VIP Lessons-12:00pm-1:00pm
- Jiu Jitsu VIP Lessons-1:00pm-2:00pm



Saturday

- Jr. Grapplers (8-13) 10:00am-11:00am
- Adult Jiu Jitsu-11:00am-12:00pm
- Adult Jiu Jitsu Sparring-GJJ Sparring-12:00pm-12:30pm

Sunday

- Open Mat-(Check Facebook for times)