



RIMA
NORTH CAROLINA

CLASS SCHEDULE

BRAZILIAN JIU-JITSU

MONDAY (Gi) 5:30PM Basic, 6:30PM Advanced

**TUESDAY (No Gi) 11AM 5:30PM Basic,
6:30PM Advanced**

WEDNESDAY (Gi) 6:30PM Advanced

**THURSDAY (No Gi) 11AM 5:30PM Basic,
6:30PM Advanced**

SATURDAY (No Gi) 10AM Basic/Advanced

JUNIORS JIU-JITSU

TUESDAY 6PM

THURSDAY 6PM

SATURDAY 9AM

MUAY THAI KICKBOXING

MONDAY 5:30PM Basic, 6:30PM Advanced

TUESDAY 5:30PM Basic, 6:30PM Advanced

WEDNESDAY 6:30PM Advanced

THURSDAY 5:30PM Basic, 6:30PM Advanced

SATURDAY 10AM Basic/Advanced

HAPKIDO

TUESDAY 7PM

THURSDAY 7PM

FIND WHAT FITS YOU!

**MUAY THAI
KICKBOXING**

**A PERFECT BLEND OF
CARDIO AND SKILLS
TRAINING TO HELP YOU
MASTER THE ART OF
KICKBOXING**

**MACHADO
BRAZILIAN JIU-
JITSU**

**A GROUND SPORT
FOCUSED ON TECHNIQUE
AND SKILL REGARDLESS
OF SIZE OR EXPERIENCE**

HAPKIDO

**THE ART OF SELF-
DEFENSE FEATURING
THROWS AND LOCKS**

**JUNIORS JIU-
JITSU**

**(AGES 6-13) A HYBRID
PROGRAM TO PREPARE
YOUR CHILD FOR ANY
MARTIAL ART**

CONTACT US!

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