



monday

tuesday

wednesday

thursday

friday

4:00pm

Introductory
Class

Kids Class

Introductory
Class

Kids Class

Private
Classes

5:00pm

Introductory
Class

Teens Class

Introductory
Class

Teens Class

Private
Classes

6:00pm

Women BJJ
Self-Defense

Introductory
Class

Women BJJ
Self-Defense

Introductory
Class

Private
Classes

7:00pm

Beginner
Gi Class

Intermediate
Gi Class

Beginner
Gi Class

Intermediate
No Gi Class

Private
Classes

8:00pm

Intermediate
Gi Class

Beginner
Gi Class

Intermediate
Gi Class

Beginner
No Gi Class

Competition
Class