

BJJ Teens
7yrs+

BJJ Teens
Advanced

BJJ
BEGINNERS
13Y & Adults

BJJ
Advanced

BJJ
No Gi

BJJ
Judo



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

BJJ Teens 7yrs+
10:00am
10:50am

BJJ No Gi
11:00 am
12:30 pm

BJJ Teen Advanced
5:00pm
5:50pm

BJJ Teen 7yrs+
5:00pm
5:50pm

BJJ Teen Advanced
5:00pm
5:50pm

BJJ Teen 7yrs+
5:00pm
5:50pm

BJJ Teen 7yrs+
5:00pm
5:50pm

Beginners 13+
& Adults
6:00pm 7:20 pm

Beginners 13+
& Adults
6:00pm 7:20 pm

BJJ No Gi
6:00 pm
7:20 pm

BJJ Advanced
6:00pm - 7:20pm

BJJ JUDO
6:30 pm
8:00 pm

BJJ Advanced
7:30pm - 8:30pm

BJJ Advanced
7:30pm - 8:30pm

Beginners 13+
& Adults
7:30pm 8:30 pm

Beginners 13+
& Adults
7:30pm 8:30 pm

contact us
Today!

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