

TUESDAY

11:00 - 12:00

NO - GI

ADULTS

ALL LEVELS

WEDNESDAY

11:00 - 12:00

BRAZILIAN JIU JITSU

ADULTS

ALL LEVELS

THURSDAY

11:00 - 12:00

NO - GI

ADULTS

ALL LEVELS

FRIDAY

11:00 - 12:00

BRAZILIAN JIU JITSU

ADULTS

ALL LEVELS

SATURDAY

10:00 - 11:00

BRAZILIAN JIU JITSU

ADULTS ALL LEVELS

MEMBERS ONLY

SUNDAY

09:00 - 10:00

BRAZILIAN JIU JITSU

LADIES ONLY

ALL LEVELS

11:00 - 12:00

NO - GI

ADULTS ALL LEVELS

MEMBERS ONLY

10:15 - 11:15

OPEN MAT

ALL LEVELS

MEMBERS ONLY

11:00 - 11:50

BRAZILIAN JIU JITSU

CHILDRENS

MEMBERS ONLY

17:00 - 17:50

BRAZILIAN JIU JITSU

CHILDRENS

ALL LEVELS

17:00 - 17:50

BRAZILIAN JIU JITSU

CHILDRENS

ALL LEVELS

18:00 - 19:00

NO - GI

ADULTS

BEGINNERS

18:00 - 19:00

BRAZILIAN JIU JITSU

ADULTS

BEGINNERS

18:00 - 19:00

NO - GI

ADULTS

BEGINNERS

18:00 - 19:00

BRAZILIAN JIU JITSU

ADULTS

BEGINNERS

19:00 - 20:00

NO - GI

ADULTS

ADVANCED

19:00 - 20:00

BRAZILIAN JIU JITSU

ADULTS

ADVANCED

19:00 - 20:00

NO - GI

ADULTS

ADVANCED

19:00 - 20:00

BRAZILIAN JIU JITSU

ADULTS

ADVANCED