

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 am - 12:30 pm All Levels No-Gi Grappling	11:00 am - 12:00 pm 30-min positional + 30-min open mat	11:00 am - 12:30 pm All Levels No-Gi Grappling		11:00 am - 12:30 pm All Levels No-Gi Grappling	11:00 am - 12:00 pm Jiu-Jitsu Fundamentals 12:00 - 2:00 pm Open Mat (All Students Welcome)	No Classes
5:00 - 5:50 pm Kids Jiu-Jitsu (Gi)	5:00 - 5:50 pm Kids (No-Gi) Grappling	5:00 - 5:50 pm Kids Jiu-Jitsu (Gi)		5:00 - 5:50 pm Kids (No-Gi) Grappling		
6:00 - 7:00 pm Jiu-Jitsu Fundamentals	6:00 - 7:00 pm Jiu-Jitsu Fundamentals	6:00 - 7:00 pm Jiu-Jitsu Fundamentals	6:00 - 7:00 pm Jiu-Jitsu Fundamentals	6:00 - 7:00 pm Jiu-Jitsu Fundamentals		
7:00 - 8:30 pm No-Gi Grappling	7:00 - 8:30 pm No-Gi Grappling	7:00 - 8:30 pm No-Gi Grappling	7:00 - 8:30 pm No-Gi Grappling	7:00 - 8:30 pm All Levels No-Gi Grappling		

PROGRAMS

Jiu-Jitsu Fundamentals: Adults + Teens age 13+, All levels welcome. This is where you build your foundation of Brazilian Jiu-Jitsu. All other skills will build upon the foundation you develop in this program.

No-Gi Grappling: Adults + Teens, age 13+, Three-stripe minimum on white belt, This class focuses on No-Gi Grappling competition with an emphasis on takedowns and submission grappling.

Kids Jiu-Jitsu: Children ages 5 - 12, All levels welcome. Your child will develop the foundational skills of Jiu-Jitsu using the traditional uniform known as the Gi. Practice is disguised using fun and challenging games. Classes are split up amongst size and skill level.

Kids No-Gi Grappling: Children ages 5 - 12, All levels welcome. We'll build the foundational skills of Jiu-Jitsu through fun practice and play, but without using the traditional uniform (Gi). Classes are split up amongst size and skill level.

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