

Class schedule

MAT 1 (downstairs)

Monday

6am- BJJ

11am- BJJ

5pm-Women's JiuJitsu

6pm- BJJ Fundamentals

(white belt)

730- Muay Thai

Tuesday

6am- Nogi

11am- Nogi

5pm- kids Bjj

730- Muay Thai

Wednesday

6am- BJJ

11am- BJJ

3pm- Landshark

Wrestling

5pm-Women's JiuJitsu

6pm- BJJ Fundamentals

(white belt)

730- Muay Thai

Thursday

6am- Nogi

11am- Nogi

4pm- kids Muay Thai

5pm- kids Bjj

730- Muay Thai

Friday

6am- BJJ

MAT 2 (Upstairs)

Monday

415pm- Little Ninjas

12pm- MMA

5pm- Kids BJJ

6pm- Advanced BJJ

Tuesday

415pm- Little Ninjas

5pm- Judo

6pm- All levels BJJ

Wednesday

415pm- Little Ninjas

12pm- MMA

5pm- Kids BJJ

6pm- Advanced BJJ

Thursday

415pm- Little Ninjas

5pm- Judo

6pm- All levels BJJ

Friday

430pm- Open mat

Saturday

9-11am Open mat