

Monday

Tuesday

Wed

Thursday

Friday

Saturday

Sunday

Adult  
Open Mat  
9:00-10:00AM

Kids Class  
Ages 5-8  
10:00-10:45AM

Kids Class  
Ages 8-12  
11:00-11:45AM

40+ Adult Class  
12:00-1:00PM

No-Gi  
Adult Class  
12:00-1:00PM

Adult Class  
12:00-1:00PM

Adult Class  
12:00-1:00PM

No-Gi Kids Class  
Ages 5-8  
5:00-5:45PM

Kids Class  
Ages 5-8  
5:00-5:45PM

Kids Class  
Ages 5-8  
5:00-5:45PM

No-Gi Kids Class  
Ages 8-12  
6:00-6:45PM

Kids Class  
Ages 8-12  
6:00-6:45PM

Kids Class  
Ages 8-12  
6:00-6:45PM

No-Gi  
Adult Class  
7:00-8:00PM

Adult Class  
7:00-8:00PM

40+ &  
Women's Only  
7:00-8:00PM