

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

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

Adult Class
12:00-1:00PM

Adult Class
12:00-1:00PM

40+ 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