

Summer Schedule – July 1st to August 31st

Monday 06:00 PM – 07:15 PM 07:15 PM – 08:30 PM 08:30 PM – 09:15 PM	Adult and Teen Brazilian Jiu-Jitsu (Gi) Adult and Teen Muay Thai Sparring
Tuesday 06:00 PM – 07:00 PM 07:00 PM – 08:15 PM 08:15 PM – 09:30 PM	Youth (All Ages) Brazilian Jiu-Jitsu (Gi) Adult and Teen Muay Thai Adult and Teen No Gi/MMA
Wednesday 06:00 PM – 07:15 PM 07:15 PM – 08:30 PM 08:30 PM – 09:15 PM	Adult and Teen Brazilian Jiu-Jitsu (Gi) Adult and Teen Muay Thai Sparring
Thursday 06:00 PM – 07:00 PM 07:00 PM – 08:15 PM 08:15 PM – 09:30 PM	Youth (All Ages) Muay Thai Adult and Teen Muay Thai Adult and Teen No Gi/MMA
Friday 11:00 AM – Noon 05:15 PM – 06:15 PM	Adult and Teen Brazilian Jiu-Jitsu (Gi) Combat Conditioning
Saturday 11:00 AM – Noon Noon – 01:00 PM 01:00 PM – 02:00 PM	Adult and Teen Brazilian Jiu-Jitsu Open Mat Youth (All ages) Brazilian Jiu-jitsu Adult Sparring Youth (All ages) Muay Thai
Sunday 06:00 AM – 07:00 AM 10:00 AM – 11:00 AM	Adult Brazilian Jiu-Jitsu No-Gi Drills Adult and Teen Brazilian Jiu-Jitsu Gi Drills