

BACK TO FULL TRAINING!
INDOOR SPORTS ARE OPEN!

MONDAY:

6-7:15PM ADULT AND TEEN BRAZILIAN JIU JITSU GI
7:15-8:30PM ADULT AND TEEN MUAY THAI
8:30-9:15PM SPARRING CLASS

TUESDAY:

6-7PM YOUTH BRAZILIAN JIU JITSU ALL AGES
7:00-8:15PM ADULT AND TEEN MUAY THAI
8:15-9:30PM ADULT AND TEEN BRAZILIAN JIU JITSU NO GI

WEDNESDAY:

6-7:15PM ADULT AND TEEN BRAZILIAN JIU JITSU GI
7:15-8:30PM ADULT AND TEEN MUAY THAI
8:30-9:15PM SPARRING CLASS

THURSDAY:

6-7PM YOUTH MUAY THAI ALL AGES
7:00-8:15PM ADULT AND TEEN MUAY THAI
8:15-9:30PM ADULT AND TEEN BRAZILIAN JIU JITSU NO GI

FRIDAY:

NOON-1PM ADULT AND TEEN MUAY THAI
5:15-6:15PM COMBAT CONDITIONING ALL AGES

SATURDAY:

11AM-NOON ADULT AND TEEN OPEN MATT BRAZILIAN JIU JITSU
2:30-3:30PM ADULT AND TEEN MUAY THAI