

SUMMER SCHEDULE JULY 1 - AUGUST 31

Monday

6pm-7:15pm Adult and Teen Brazilian Jiu Jitsu Gi
7:15pm-8:30pm Adult and Teen Muay Thai
8:30pm-9:30pm Sparring

Tuesday

6-7pm All youth Brazilian Jiu Jitsu
7pm-8:15pm Adult and Teen Muay Thai
8:15pm-9:30pm Adult and Teen No Gi/ MMA

Wednesday

6pm-7:15pm Adult and Teen Brazilian Jiu Jitsu Gi
7:15pm-8:30pm Adult and Teen Muay Thai
8:30pm-9:30pm Sparring

Thursday

6-7pm All youth Muay Thai
7pm-8:15pm Adult and Teen Muay Thai
8:15pm-9:30pm Adult and Teen No Gi/ MMA

Friday

5:15pm-6:15pm Combat conditioning

Saturday

11am -12pm Adult and Teen Open Mat
12pm-1pm All youth Brazilian Jiu Jitsu
1pm-2pm All youth Muay Thai