



T JIU JITSU


ADULT


TIMETABLE


ALL CLASSES WELCOME. NO EXPERIENCE NEEDED.


 **MONDAY** 5:30PM – 6:30PM **NO-GI BJJ** (FUNDAMENTALS)
6:30PM – 7:30PM **OPEN MAT** (ALL LEVELS)

 **TUESDAY** 6:00AM – 7:00AM **NO-GI BJJ** (FUNDAMENTALS)
5:30PM – 6:30PM **NO-GI BJJ** (FUNDAMENTALS)
6:30PM – 7:30PM **MMA** (FUNDAMENTALS)

 **WEDNESDAY** 6:00AM – 7:00AM **NO-GI BJJ** (ALL LEVELS)
5:30PM – 6:30PM **NO-GI BJJ** (ALL LEVELS)
6:30PM – 7:30PM **OPEN MAT** (ALL LEVELS)

 **THURSDAY** 6:00AM – 7:00AM **NO-GI BJJ** (ALL LEVELS)
5:30PM – 6:30PM **NO-GI BJJ** (ALL LEVELS)
6:30PM – 7:30PM **MMA** (ALL LEVELS)

 **FRIDAY** 5:30PM – 6:30PM **WRESTLING** (ALL LEVELS)
6:30PM – 7:30PM **OPEN MAT** (ALL LEVELS)

 **SATURDAY** 9:00AM – 10:00AM **OPEN MAT** (ALL LEVELS)
10:00AM – 11:00AM **PING PONG** (ALL LEVELS)



START YOUR
7 DAY FREE TRIAL



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✓ BEGINNER FRIENDLY

✓ EXPERT COACHES

✓ SUPPORTIVE COMMUNITY