



CLASS SCHEDULE



MONDAY

9am Jiu-Jitsu
10am Bang MT

4:30pm Kids Jiu-Jitsu
5:30pm BMT Lil ninjas
6:30pm Adults Jiu-Jitsu
7:30pm MMA

WEDNESDAY

8am Jiu-jitsu
9am Bang MT

4:30pm Kids Jiu-Jitsu
5:30pm BMT Lil ninjas
6:30pm Adults Jiu-Jitsu
7:30pm MMA

FRIDAY

9am Jiu-jitsu
10am Bang MT

6:30pm Open Mat

TUESDAY

9am Jiu-jitsu
10am Bang MT

4:30pm Kids Jiu-Jitsu
5:30pm Bang MT
6:30pm Adults Jiu-Jitsu

THURSDAY

9am Jiu-jitsu
10am Bang MT

4:30pm Kids Jiu-Jitsu
5:30pm Bang MT
6:30pm Adults Jiu-Jitsu

SATURDAY

11am Bang MT
12pm Kids Jiu-Jitsu
1pm MMA sparring