

Integrity Martial Arts

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Building Next Generation with Integrity and Discipline

Beginners / Intermediate / Advanced & Brazilian Jiu Jitsu

Monday:

- 4:15pm - 4:45pm - Lil' Warriors
- 5:00pm - 5:50pm - Kids / Teens / Adults
- 6:00pm - 6:50pm - Kids / Teens / Adults
- 7:00pm - 7:50pm - Kids / Teens / Adults

Tuesday

- 5:00pm - 5:50pm - Beginner and Intermediate Sparring (sparring -must be yellow belt or higher)
- 6:00pm - 6:50pm - Intermediate and Advanced Sparring (sparring -must be green belt or higher)
- 7:00pm - 7:50pm - Demonstration Team

Wednesday:

- 4:15pm - 4:45pm - Lil' Warriors
- 5:00pm - 5:50pm - Kids / Teens / Adults
- 6:00pm - 6:50pm - Kids / Teens / Adults
- 7:00pm - 7:50pm - Kids / Teens / Adults

Thursday:

- 5:00pm - 5:50pm - Kids / Teens / Adults
- 6:00pm - 6:50pm - Kids / Teens / Adults
- 7:00pm - 7:50pm - Foundations Jiu Jitsu Selected ages

Friday:

- 5:00pm - 5:50pm - Beginners and Intermediate Only
- 6:00pm - 6:50pm - Intermediate and Advanced Only
- 7:00pm - 7:50pm - Advanced Belts Only

Saturday:

Special Seminar and Workshop (Dates and Times vary)

Sunday: - *Closed*