

Gridlock Academy Program Schedule

Adult: Core Gracie Jiu Jitsu Self Defense (1hr.)

Monday 7:00 pm

Wednesday 7:00 pm

Thursday 6:00 pm

Saturday 9:00 am

Adult: SD In Action Self Defense (45 min.)

Monday 8:15 pm

Wednesday 8:15 pm

Adult: Cardio Kickboxing Boxing (45 min.)

Tuesday 6:00 pm, 6:45 pm, 7:30 pm

Thursday 6:00 pm, 6:45 pm, 7:30 pm

Kids: Jr. Core Gracie Jiu Jitsu Self Defense (1 hr.)

Monday 6:00 pm

Tuesday 5:15 pm

Wednesday 6:00 pm

Thursday 5:15 pm

Saturday 10:00 am

Kids: Jr. Gridlock Competition Team (45 min.)

Monday 5:15 pm

Wednesday 5:15 pm

FREE 10 DAY TRIAL