

WEDNESDAY SCHEDULE

Monday

Adults Nogi & Kids Nogi & Adults Gi

Adults Nogi BJJ: 11:00AM – 12:00PM

Kids Nogi BJJ: 5:00PM – 5:40PM

Adults Gi BJJ: 5:45PM – 6:45PM

Adults Beginners Gi BJJ: 7:00PM – 8:00PM

Tuesday

Kids Nogi BJJ & Adults Nogi BJJ

Kids Nogi BJJ: 5:00PM – 5:40PM

Beginners Adult Nogi BJJ: 5:45PM – 6:30PM

Adults Nogi BJJ: 6:30PM – 7:30PM

Wednesday

Adults Nogi AM Kids Nogi BJJ & Adults Gi BJJ

Adults Nogi BJJ: 11:00AM – 12:00PM

Kids Nogi BJJ: 5:00PM – 5:40PM

Adults All Levels Gi BJJ: 5:45PM – 6:45PM

Adults Gi In-Depth BJJ: 7:00PM – 8:00PM

Thursday

Kids Nogi BJJ & Adults Nogi BJJ

Kids Nogi BJJ: 5:00PM – 5:40PM

Adults Nogi BJJ: 5:45PM – 6:45PM

Mixed Martial Arts: 7:00 – 8:00PM

Friday

Adults Gi BJJ

Adults Gi BJJ: 11:00AM – 12:00PM

Saturday

Kids Nogi BJJ & Adults Nogi BJJ

Kids Nogi BJJ (5 – 13 yrs old) 10:00 AM – 10:40AM

Adults Nogi BJJ: 11:00AM – 12:00PM

