

Call today and schedule your first lesson!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|----------------------------|--|----------------------------|--|---------------------------------|
| | | | | | 10am - 11am BJJ Beginners |
| 11am - 12pm BJJ All Levels | | 11am - 12pm Grappling All Levels | | | 11am - 12pm BJJ Advanced |
| 12-1pm Open Mat | | 12-1pm Open Mat | | | 12pm - 1pm MMA All Levels |
| | | | | 1pm-2pm Law Enforcement | |
| | | | | 2-3:30pm Grappling All Levels | |
| 5pm-6pm Intros/Privates | 5:15-6pm BJJ Kids | 5pm-6pm Intros/Privates | 5:15-6pm BJJ Kids | | |
| 6pm - 7:15pm Grappling Advanced | 6pm - 7pm BJJ Beginners | 6pm - 7:15pm Grappling Advanced | 6pm - 7pm BJJ Beginners | 6pm - 7pm Conditioning for Jui-Jitsu | |
| 7:15pm - 8pm Advanced MMA | 7pm - 8pm BJJ Advanced | 7:15pm - 8pm BJJ Beginners | 7pm - 8pm BJJ Advanced | | |
| 8pm-9pm BJJ Beginners | 8pm Open Mat | 8pm Yoga for Jiu- Jitsu | 8pm Open Mat | | |

- Beginner - White Belts Only
- Advanced - Blue and Purple Belts
- Advanced Submission Grappling
- Advanced MMA -
Blue and Purple Belts
- Conditioning for Jiu-Jitsu -
All Levels Welcome
- Yoga for Jiu-Jitsu -
All Levels Welcome
- MMA -
All Levels Welcome
- Open Mat -
3 Stripe White Belt or higher
- BJJ Kids
- Law Enforcement



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