



ADULT CLASS SCHEDULE



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

12:00- 1:00 PM

ADULT
BRAZILIAN
JIU-JITSU
ALL LEVEL

ADULT
BRAZILIAN
JIU-JITSU
ALL LEVEL

OPEN MAT

7:30-
8:30 AM

ADULT BRAZILIAN
JIU-JITSU
DRILLING CLASS

ADULT BRAZILIAN
JIU-JITSU
DRILLING CLASS

6:30 - 7:30 PM

ADULT
BRAZILIAN
JIU-JITSU
ALL LEVEL

ADULT
BRAZILIAN
JIU-JITSU
ALL LEVEL

ADULT
BRAZILIAN
JIU-JITSU
ALL LEVEL

ADULT
BRAZILIAN
JIU-JITSU
ALL LEVEL

9:00 -
10:00 AM

ADULT BRAZILIAN
JIU-JITSU
FUNDAMENTAL

ADULT BRAZILIAN
JIU-JITSU
ALL LEVEL

7:30-8:30 PM

ADULT
BRAZILIAN
JIU-JITSU
FUNDAMENTAL

MUAY THAI
KICKBOXING

OPEN MAT

MUAY THAI
KICKBOXING

10:00 -
11:00 AM

OPEN MAT

7:30-8:30 PM

OPEN MAT

OPEN MAT

OPEN MAT