

Brazilian Jiu Jitsu

Mixed level Jiu Jitsu

6:00 AM Tuesday and Thursday
12:00PM Tuesday and Thursday
6:30PM Tuesday and Thursday
11:00AM Saturday

Advanced level Jiu Jitsu

6:00AM Monday and Wednesday
6:30PM Monday and Wednesday

Fundamental level Jiu Jitsu

6:00AM Monday and Wednesday
6:30PM Monday and Wednesday

Competition Jiu Jitsu

7:00 AM Monday, Tuesday, Wednesday, Thursday
7:30PM Monday, Tuesday, Wednesday, Thursday

NO GI Jiu Jitsu

7:10 AM Monday and Wednesday
7:30PM Tuesday and Thursday

OPEN MAT - Free to the Public

6:00AM Friday (No GI)
12:00PM Saturday (GI)

Women Only Jiu Jitsu

5:30PM Tuesday and Thursday

Kids Jiu Jitsu - Ages 4-6

4:30PM Monday and Wednesday

Kids NO GI Jiu Jitsu - Ages 4-6

4:30PM Tuesday and Thursday

Kids Jiu Jitsu - Ages 7-11

5:30PM Monday and Wednesday

Kids NO GI Jiu Jitsu - Ages 7-11

4:30PM Tuesday and Thursday

Teens Jiu Jitsu - Ages 12-15

4:30PM Monday and Wednesday

Teens NO GI Jiu Jitsu - Ages 12-15

5:30PM Tuesday and Thursday

Kids Competition Jiu Jitsu - All Ages

5:30PM Tuesday and Thursday

Muay Thai / Kickboxing

Mixed Level

7:00AM Monday and Wednesday (By appointments only)
7:30PM Monday and Wednesday (By appointments only)
10:00AM Saturday

Women Only Self Defense

9:00AM Saturday

Bootcamp - Fitness

All Ages

5:30PM Monday and Wednesday

OPEN SPARRING - Free to the Public

11:00AM Saturday

*Please call us for various pricing options and membership packages