

## 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 Monday and Wednesday  
6:30 PM Tuesday

### OPEN MAT - Free to the Public

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

## Muay Thai / Kickboxing

### 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

### Women Only Jiu Jitsu

5:30PM Tuesday and Thursday

### Women Only Self Defense

9:00AM Saturday

**Mixed Level**

7:00AM Monday and Wednesday (By appointments only)

7:30PM Monday and Wednesday (By appointments only)

10:00AM Saturday

**Kids Kickboxing**

5:30PM Mondays and Wednesdays (By appointments only)

**OPEN SPARRING - Free to the Public**

11:00AM Saturday

**MatchFit - Bootcamp**

**All Ages**

5:30PM Monday and Wednesday

\*Please call us for various pricing options and membership packages