

Brazilian Jiu Jitsu

All level Jiu Jitsu

6:00 AM Tuesday and Thursday
12:00PM Monday and Wednesday

Advanced level Jiu Jitsu

6:00AM Monday and Wednesday
7:00PM Monday and Wednesday

Fundamental level Jiu Jitsu

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

Competition GI Jiu Jitsu

6:00 AM Tuesday and Thursday
7:10PM Tuesday and Thursday

NO GI Jiu Jitsu

7:10 AM Monday and Wednesday
6:00PM Tuesday and Thursday

OPEN MAT - Free to the Public

6:00AM Friday (No GI)
11:00PM Saturday (GI and NoGi)

Adults Kickboxing

Mixed Level

7:30PM Monday and Wednesday

Kids GI Jr. Jiu Jitsu - Ages 4-6

4:30PM Monday and Wednesday

Kids NO GI Jiu Jitsu - Ages 4-6

4:30PM Tuesday and Thursday

Kids GI Competition Jiu Jitsu - All Ages

5:20PM Tuesday and Thursday

Kids GI Jiu Jitsu - Ages 7-11

5:10PM Monday and Wednesday

Kids NO GI Jiu Jitsu - Ages 7-11

5:10PM Tuesday and Thursday

Teens Jiu Jitsu - Ages 12-15

4:30PM Monday and Wednesday

Teens NO GI Jiu Jitsu - Ages 12-15

4:30PM Tuesday and Thursday

Women Only Jiu Jitsu

6:00PM Tuesday and Thursday

10:00AM Saturday

Women Only Self Defense

9:00AM 1st and 3rd Saturdays

Yoga

All Ages

10:00AM Monday

10:00AM Saturday

OPEN KICKBOXING SPARRING - Free to the Public

11:00AM Saturday

*Please call us for various pricing options and membership packages

5:30PM Monday

Kids Kickboxing

Mixed Level

6:30PM Monday and Wednesday

Adults Boxing

Mixed Level

7:30PM Tuesday and Thursday