

Kids Classes

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Me (Age 2+)					5:30pm	
Kids BJJ (Age 3-6)		4:00pm		4:00pm		
Juniors BJJ (Age 7-9)	4:00pm	4:30pm	4:00pm	4:30pm		
Teens BJJ (Age 10-14) and black belt	4:00pm	5:30pm	4:00pm	5:30pm		
Kids No Gi					4:30pm	

Adult Classes

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamentals BJJ	12:00pm	6:30pm	12:00pm	6:30pm		10:00am
Advanced BJJ Technique	12:00pm 6:00pm	6:30pm	12:00pm 6:00pm	6:30pm		
Open Mat GI/No GI	1:00pm 7:00pm	7:30pm	1:00pm 7:00pm	7:30pm	1:00pm	11:00am– 12:30pm
Kettlebells & Conditioning		5:30pm		5:30pm	6:00pm	
Muay Thai Kickboxing	5:00pm		5:00pm		5:00pm	9:00am
No GI Advanced	7:00pm		7:00pm		12:00pm	

Fundamentals: All Jiu Jitsu students welcome

Advanced and Black Belt Club: Only Students that have been invited

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