

Monday:

7am: **BJJ** – (check Facebook group to confirm gi or no gi)
12pm noon: **Adult BJJ Gi/Muay Thai/Sambo** – check Facebook group
5:30pm – 6:30pm: Ladies Only BJJ! (it is a female ONLY safe space)
6:30pm-7:30pm: WRESTLING
7:30pm - MUAY THAI

Tuesday:

12pm noon: **Muay Thai / Open Mat for BJJ or MMA** (check facebook)
5:30pm-6:30pm: **Kids BJJ (4-7 years old)**
5:30pm-6:30pm: **Kids BJJ (7-12 years old)**
6:30pm – 8:00pm: **Adult BJJ (gi)**
8:00-9pm Adult Judo

Wednesday:

7:00 AM: **BJJ** (check group to confirm gi or no gi)
12pm noon: **BJJ gi fundamentals / sparring** (check Facebook Group)
4:30PM **Ladies Only Muay Thai**
5:30pm: **Kids Muay Thai (ages 4-12)**
6:30pm: **Beginners / Intro Adult BJJ**
6:30pm: **Beginners / Intro Adult Muay Thai**
7:30pm : **No Gi BJJ**

Thursday:

12pm noon: **Muay Thai / Open Mat for BJJ or MMA** (check facebook)
5:30pm-6:30pm: **Kids BJJ (4-7 years old)**
5:30pm-6:30pm: **Kids BJJ (7-12 years old)**
5:30-6:30pm **Adult Fundamentals BJJ (gi is required)**
6:30pm – 8pm: **Adult BJJ (gi)**
8:00-9pm Adult Judo

Friday:

7am: **BJJ** – (check group to confirm gi or no gi)
12pm noon: **BJJ gi fundamentals / sparring** (confirm in group)
4:30PM **Ladies Only Muay Thai**
5:30pm – 6:30pm: **Kids Muay Thai**
6:30pm : **Adult Muay Thai - intermediate**
8pm - Adult Competition Team Training BJJ (confirm with Facebook Group for gi or no gi)

Saturday:

8:30AM: Ladies Only BJJ (ladies only safe space)!
9:30AM: **Beginners / Intro Adult Muay Thai**
10:30am: **Beginners / Intro Adult BJJ FAMILY BJJ (kids and adults together)**
10:30am: **Kids BJJ (all ages – kids and adults together)**
11:30am: **Adult BJJ / Drills/ Comp training**

Sunday:

Check Facebook Group for Open Mat

Color Key: **KIDS CLASSES** **ADULT BJJ** **ADULT MUAY THAI** **JUDO** **WRESTLING**

****Also, check Facebook group for open mat morning/daytime training session during the week, additional Judo classes, as well as outdoor training sessions in the summer.**