

WEEKLY CLASSES

Mon 530pm-630pm Beginners
645pm-8pm Fundamentals BJJ

Tue 530pm-630pm No-Gi
645pm-8pm Mixed BJJ

Wed 530pm-630pm Beginners
645pm-8pm Fundamentals BJJ

Thurs 630pm-8pm Mixed BJJ/
Comp class

Fri 530pm-630pm Beginners
645pm-8pm Fundamentals BJJ

Sat 1030am-12pm OPEN MAT

Sun Closed