

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5:15pm
Youth MMA
(ages 6-12)

6:00pm
Jiu Jitsu
Fundamentals
(adult)

7:45pm
Kickboxing
Conditioning
(adult)

5:15pm
Youth Jiu Jitsu
(ages 6-12)

6:00pm
Kickboxing
Fundamentals
(adult)

7:45pm
Jiu Jitsu
10 Round Tuesday
(adult)

5:15pm
Youth Jiu Jitsu
(ages 6-12)

6:00pm
Jiu Jitsu
Fundamentals
(adult)

7:45pm
Strength &
Conditioning
w/ Dan Wyman
(adult)

12:00pm
OPEN MAT

6:00pm
MMA
(adult)

7:45pm
Sparring
(adult)



2:00pm
Kickboxing
(adult)

3:00pm
Jiu Jitsu
(adult)

10:00am
Yoga

11:15am
Jiu Jitsu - Rubber
Guard (adult)

12:00pm - 2:00pm
OPEN MAT