



Schedule

MON

5:30pm-6:30pm Adult No-gi Brazilian Jiu-Jitsu
6:30pm-7:30pm Adult Muay Thai

TUE

Small Group & Private 1-on-1 Training

WED

5:30pm-6:30pm Adult Gi Brazilian Jiu-Jitsu
6:30pm-7:30pm Adult Muay Thai

THU

Small Group & Private 1-on-1 Training

FRI

5:30pm-6:30pm Adult No-gi Brazilian Jiu-Jitsu
6:30pm-7:30pm Adult Muay Thai

SAT

10:00am-11:00am Adult Gi Brazilian Jiu-Jitsu
11:00am-12pm Adult Muay Thai