

MONDAYS @

Karate Mat Mice (3-6yr)	4:30 - 5:00 PM
Beginners Kids Jiu-Jitsu	5:00 - 5:30 PM
Kids Karate Beginner (7-12yr)	5:00 - 5:45 PM
All Levels Kids Gi Jiu-Jitsu	5:30 - 6:30 PM
Advanced Kids Karate	5:45 - 6:30 PM
Jiu-Jitsu Tournament Team	6:30 - 7:30 PM
Teen/Adult Muay Thai	6:30 - 7:30 PM
Adult Gi Jiu-Jitsu	7:30 - 8:45 PM



TUESDAYS @

Karate Mat Mice (3-6yr)	4:30 - 5:00 PM
Beginners Kids Jiu-Jitsu	5:00 - 5:30 PM
All Levels Kids Karate	5:00 - 5:45 PM
All Levels Kids NoGi Jiu-Jitsu	5:30 - 6:30PM
Wrestling	6:30 - 8:00 PM
Women's NoGi Jiu-Jitsu	6:30 - 7:15 PM
Adult NoGi Jiu-Jitsu	7:30 - 8:45 PM



WEDNESDAYS @

Karate Mat Mice (3-6yr)	4:30 - 5:00 PM
Beginners Kids Jiu-Jitsu	5:00 - 5:30 PM
Kids Karate Beginner (7-12yr)	5:00 - 5:45 PM
All Levels Kids Gi Jiu-Jitsu	5:30 - 6:30 PM
Advanced Kids Karate	5:45 - 6:30 PM
Jiu-Jitsu Tournament Team	6:30 - 7:30 PM
Teen/Adult Muay Thai	6:30 - 7:30 PM
Adult Gi Jiu-Jitsu	7:30 - 8:45 PM



THURSDAYS @

Karate Mat Mice (3-6yr)	4:30 - 5:00 PM
Beginners Kids Jiu-Jitsu	5:00 - 5:30 PM
All Levels Kids Karate	5:00 - 5:45 PM
All Levels Kids NoGi Jiu-Jitsu	5:30 - 6:30 PM
Karate Leadership Team	5:45 - 6:15 PM
Wrestling	6:30 - 8:00 PM
Women's NoGi Jiu-Jitsu	6:30 - 7:15 PM
Adult NoGi Jiu-Jitsu	7:30 - 8:45 PM



FRIDAYS @

Beginners Kids Jiu-Jitsu

5:00 - 5:30 PM

All Levels Kids Karate

5:00 - 5:45 PM



SATURDAYS @

All Levels Kids Karate

9:00 - 9:45 AM

Adult NoGi Jiu-Jitsu

9:00 - 10:00 AM

Wrestling

11:00 AM - 12:30 PM

