



ADULTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30 - 1:30PM BJJ ALL LEVELS		12:30 - 1:30PM BJJ ALL LEVELS	12:30 - 1:30PM BJJ ALL LEVELS	12:30 - 1:30PM BJJ ALL LEVELS	12:00 - 1:00PM BJJ NO-GI
5:45 - 6:30PM MMA SPARRING		5:45 - 6:30PM MMA FITNESS		5:45 - 6:30PM MMA SPARRING	
6:30 - CLOSE BJJ ALL LEVELS	6:30 - CLOSE BJJ ALL LEVELS	6:30 - CLOSE BJJ NO-GI	6:30 - CLOSE BJJ ALL LEVELS	6:30 - CLOSE BJJ ALL LEVELS	

CLASS DESCRIPTIONS

FUNDAMENTALS

OUR CORE SKILLS AND FITNESS DEVELOPMENT CLASS FOR ABSOLUTE BEGINNERS THROUGH TO THE INTERMEDIATE STAGES.

ADVANCED

BY INVITE ONLY. YOUR INSTRUCTOR WILL LET YOU KNOW WHEN YOU ARE READY FOR THESE CLASSES.

NO-GI

WITHOUT THE GI (UNIFORM). BRING SHORTS AND A RASH GUARD OR T-SHIRT.

