

STAY UP TO DATE ON CLASS TIMES!  
**CONTACT US IF YOU HAVE ANY QUESTIONS ABOUT OUR CLASSES.**

Here you can find all the information you need about our class schedule, including times, dates, and locations.

We offer a variety of classes throughout the week, including both Gi and No-Gi sessions. Our classes are designed for students of all skill levels, from beginners to advanced practitioners. Our instructors are experienced and passionate about teaching Jiu-Jitsu, and are committed to helping you achieve your goals. Please note that our schedule may be subject to change, so we encourage you to check back regularly for updates. We also offer private lessons, which can be scheduled at a time that is convenient for you. If you have any questions about our schedule or classes, please don't hesitate to contact us. We look forward to seeing you on the mat!

Tiny Warriors (Ages 3 – 4)  
 Little Warriors (Ages 5 – 8)  
 Juniors & Teens (Ages 9 -13)

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday                            | Sunday   |
|---|---|---|---|---|-------------------------------------|--|
| <b>Muay Thai</b><br>10:00 - 11:00 am          | <b>Mixed Levels</b><br>12:00 - 1:00 pm                  | <b>Muay Thai</b><br>10:00 - 11:00 am                  | <b>Mixed Levels</b><br>12:00 - 1:00 pm                | <b>Muay Thai</b><br>10:00 - 11:00 am                  | <b>Muay Thai</b><br>12:00 - 1:00 pm | <b>Community Open Mat</b><br>10:00 am - 12:00 pm |
| <b>Mixed Levels</b><br>12:00 - 1:00 pm        | <b>Tiny Warriors</b><br>3:30 - 4:15 pm                  | <b>Mixed Levels</b><br>12:00 - 1:00 pm                | <b>Tiny Warriors</b><br>3:30 - 4:15 pm                | <b>Mixed Levels</b><br>12:00 - 1:00 pm                |                                     |  |
| <b>Little Warriors</b><br>4:30 - 5:15 pm      | <b>Little Warriors</b><br>4:30 - 5:15 pm                | <b>Little Warriors</b><br>4:00 - 4:15 pm              | <b>Competition Kids Advanced</b><br>4:30 - 5:15 pm    | <b>Little Warriors</b><br>4:30 - 5:15 pm              |                                     |  |
| <b>Junior Warriors</b><br>5:30 - 6:15 pm      | <b>Competition Team Kids Advanced</b><br>5:30 - 6:15 pm | <b>Junior Warriors</b><br>5:00 - 5:45 pm              | <b>Junior Warriors</b><br>5:30 - 6:15 pm              | <b>Adult No-Gi Mixed Levels</b><br>5:30 - 6:30 pm     |                                     |  |
| <b>Fighting Foundations</b><br>6:30 - 7:30 pm | <b>Fighting Foundations</b><br>6:30 - 7:30 pm           | <b>Adult No-Gi Mixed Levels</b><br>6:00 - 7:00 pm     | <b>Fighting Foundations</b><br>6:30 - 7:30 pm         | <b>Beyond The Basics (Advanced)</b><br>6:30 - 7:30 pm |                                     |  |
| <b>Muay Thai</b><br>7:30 - 8:30 pm            | <b>Beyond The Basics (Advanced)</b><br>7:30 - 8:30 pm   | <b>Beyond The Basics (Advanced)</b><br>7:00 - 8:00 pm | <b>Beyond The Basics (Advanced)</b><br>7:30 - 8:30 pm |   |                                     |  |
| <b>Muay Thai</b><br>8:30 - 9:30 pm            | <b>Muay Thai</b><br>8:30 - 9:30 pm                      | <b>Muay Thai</b><br>8:30 - 9:30 pm                    | <b>Muay Thai</b><br>8:30 - 9:30 pm                    |   |                                     |  |