

ABOUT OUR CLASS SCHEDULE

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!

Class Info:

Intermediate Class:

2 Stripe White Belt or Higher.

Advanced Class:

Blue Belt or Higher.

No Gi Classes:

Recommended 2 Stripe White Belt or Higher or Wrestling Experience.

Kids Competition class:

For white belt 4 stripes and up.

New Students:

Intro Class Required before attending Fundamentals Classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediate 6:00 - 7:00 am	Fundamentals 6:00 - 7:00 am	Intermediate NoGi 6:00 - 7:00 am	Fundamentals 6:00 - 7:00 am	Intermediate 6:00 - 7:00 am		Closed Sundays
					Kids (All Ages) 9:00 - 10:00 am	
					Fundamentals 10:00 - 11:00 am	
	Home School 11:00 am - 12:00 pm		Home School 11:00 am - 12:00 pm		Intermediate 11:00 am - 12:00 pm	
Fundamentals 12:00 - 1:00 pm	Intermediate 12:00 - 1:00 pm	Fundamentals 12:00 - 1:00 pm	Fundamentals 12:00 - 1:00 pm	Fundamentals 12:00 - 1:00 pm		
Little Kids (4-7) 4:30 - 5:15 pm	Little Kids (4-7) 4:30 - 5:15 pm	Little Kids (4-7) 4:30 - 5:15 pm	Little Kids (4-7) 4:30 - 5:15 pm			
Big Kids (8+) 5:15 - 6:15 pm	Big Kids Comp. (8+) 5:15 - 6:15 pm	Big Kids (8+) No Gi 5:15 - 6:15 pm	Big Kids (8+) 5:15 - 6:15 pm	Big Kids Comp. (8+) 5:15 - 6:15 pm		
Intermediate 6:15 - 7:15 pm	Fundamentals 6:15 - 7:15 pm	Intermediate No Gi 6:15 - 7:15 pm	Fundamentals 6:15 - 7:15 pm	Intermediate No Gi 6:15 - 7:15 pm		
Fundamentals 7:15 - 8:15 pm	Intermediate 7:15 - 8:15 pm	Fundamentals 7:15 - 8:15 pm	Intermediate 7:15 - 8:15 pm	Fundamentals 7:15 - 8:15 pm		