

The Current Schedule:

As of June 6th, 2022

Monday:

5 pm MMA
6 pm NoGi BJJ
7 pm Muay Thai

Tuesday:

5 pm Kids
6 pm NoGi BJJ
6 pm Kung Fu
7 pm Muay Thai

Wednesday:

5 pm Kids
6 pm Muay Thai
7 pm Gi BJJ

Thursday:

5 pm Kids
6 pm No Gi BJJ
6 pm Kung Fu
7 pm MMA

Friday:

5 pm Gi BJJ
6 pm MMA
7 pm Open Mat

Saturday:

830 am. Kung Fu
930 am Gi BJJ
11 am Open BJJ

Sunday:

9 am Open BJJ
11 am Muay Thai Pads

