

Schedule as of July 17, 2025, to present

Monday:

530 pm MMA

630 pm NoGi BJJ

730 pm Muay Thai fundamentals

Tuesday:

530 pm Kids

630 pm NoGi BJJ

630 pm Defensive Tactics

Wednesday:

530 pm Kids

630-7 pm Muay Thai Combos

7 pm Gi BJJ fundamentals

Thursday:

530 pm Kids

630 pm Muay Thai

630 pm Defensive Tactics

730 pm Gi BJJ

Friday:

530 pm Gi/No Gi BJJ

630 pm Boxing Fundamentals

Saturday:

830 am. Defensive Tactics

930 am Gi/No Gi BJJ

11 am Open Mat

Sunday:

930 am Open BJJ (check online to confirm)

230 pm MMA

