

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

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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 Youth and Adults sessions. Our classes are designed for students of all skill levels, from beginners to advanced practitioners. Our instructors are experienced and passionate about teaching MMA & 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!

We DO NOT offer Gi Jiu-Jitsu. No gi ONLY.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juniors & Teens Jiu-Jitsu 05:00 PM - 05:55 PM	Jiu-Jitsu (All Levels) 06:30 AM - 07:30 AM	Jiu-Jitsu (All Levels) 06:30 AM - 07:30 AM	Jiu-Jitsu (All Levels) 06:30 AM - 07:30 AM	Juniors Striking 05:00 PM - 05:55 PM	Judo (Gi) Saturday 08:00 AM - 09:15 AM	Women's Jiu-Jitsu (All Levels)
Juniors Striking 05:00 PM - 05:55 PM	Jiu-Jitsu (All Levels) 12:00 PM - 01:00 PM	Jiu-Jitsu (All Levels) 12:00 PM - 01:00 PM	Jiu-Jitsu (All Levels) 12:00 PM - 01:00 PM	Minis Jiu-Jitsu (All Levels) 05:00 PM - 05:55 PM	Minis Jiu-Jitsu Saturday 09:00 AM - 09:55 AM	
Jiu-Jitsu (All Levels) 06:00 PM - 06:55 PM	Juniors & Teens Wrestling 04:15 PM - 04:55 PM	Minis Jiu-Jitsu & Wrestling 04:30 PM - 04:55 PM	Juniors & Teens Wrestling 04:15 PM - 04:55 PM	Jiu-Jitsu (Open Mat) 06:00 PM - 07:30 PM	Juniors Jiu-Jitsu 10:00 AM - 10:55 AM	Women's Jiu-Jitsu (All Levels) 09:00 AM - 09:55 AM
Striking (Technique) 06:00 PM - 06:55 PM	Juniors & Teens Jiu-Jitsu 05:00 PM - 05:55 PM	Minis Jiu-Jitsu 05:00 PM - 05:55 PM	Juniors & Teens Jiu-Jitsu 05:00 PM - 05:55 PM		Jiu-Jitsu (All Levels) 11:00 AM - 12:00 PM	Jiu-Jitsu (All Levels) 10:00 AM - 10:55 AM
Jiu-Jitsu (Advanced) Comp Class 07:00 PM - 08:30 PM	Striking (All levels - Pads) 06:00 PM - 06:55 PM	Juniors Striking 05:00 PM - 05:55 PM	Striking (Pads) 06:00 PM - 06:55 PM			Striking (Beginner) 11:00 AM - 12:00 PM
	Jiu-Jitsu (All Levels) 06:00 PM - 06:55 PM	Jiu-Jitsu (All Levels) 06:00 PM - 06:55 PM	Jiu-Jitsu (All Levels) 06:00 PM - 06:55 PM			Jiu-Jitsu (All Levels) 11:00 AM - 12:00 PM
	Striking (Advanced) 07:00 PM - 07:55 PM	Striking (Technique) 06:00 PM - 06:55 PM	MMA (Invite Only Sparring) 07:00 PM - 08:30 PM			MMA (Invite Only) 04:00 PM - 04:55 PM
	Jiu-Jitsu (All Levels) 07:00 PM - 07:55 PM	Striking (Advanced) 07:00 PM - 07:55 PM				MMA Sparring (Intermediate & Advanced - Invite Only) 05:00 PM - 05:55 PM
	MMA (Invite Only) 08:00 PM - 09:00 PM	Jiu-Jitsu (All Levels) 07:00 PM - 07:55 PM				Sports Psychology (\$10 Per Class) 06:00 PM - 06:50 PM
		MMA (invite Only) 08:00 PM - 09:00 PM				