



# CLASS SCHEDULE

**All classes are beginner friendly!**

## MONDAY

Cardio Kickboxing with Steve  
5:15-6:15pm

Beginners / Fundamentals BJJ (GI) with  
Bill  
5-6pm

GI BJJ with Robby  
6:30-8pm

## TUESDAY

BJJ Fundamentals with Matt  
7-8:30am

GI BJJ open mat with Paul  
12-1pm

Kids BJJ with Michael  
5-6pm

NOGI BJJ with Robby  
6:30-8pm

## WEDNESDAY

Cardio Kickboxing with Steve  
5:15-6:15pm

Beginners / Fundamentals BJJ (NOGI)  
with Bill  
5-6pm

GI BJJ with Robby  
6:30-8pm

## THURSDAY

BJJ Fundamentals with Matt  
7-8:30am

NOGI BJJ open mat with Paul  
12-1pm

Kids BJJ with Michael  
5-6pm

NOGI BJJ with Robby  
6:30-8pm

## FRIDAY

Cardio Kickboxing with Steve  
5:30-6:30pm

Beginners GI BJJ with Phil  
7-8:30pm

## SATURDAY

Beginners GI BJJ with Matt  
12-1:30pm

**\*\*No Classes Sunday**