



CLASS SCHEDULE

MONDAY

Beginners / Fundamentals BJJ (NOGI) with Bill
11:30am-1pm

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

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

Advanced GI BJJ with Robby
6:30-8pm

TUESDAY

BJJ Fundamentals with Phil
7-8:30am

GI BJJ open mat with Paul
12-1pm

Kids BJJ with Michael
5-6pm

Advanced NOGI BJJ with Robby
6:30-8pm

WEDNESDAY

Beginners / Fundamentals BJJ (GI) with Bill
11:30am-1pm

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

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

Advanced GI BJJ with Robby
6:30-8pm

THURSDAY

BJJ Fundamentals with Phil
7-8:30am

NOGI BJJ open mat with Paul
12-1pm

Kids BJJ with Michael
5-6pm

Advanced 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**