



PROGRAMS AND SCHEDULE

Our Programs Include:

- » Adult and Kids Training
- » Beginner and Advanced Brazilian Jiu Jitsu (with Kimono)
- » Beginner and Advanced Submission Wrestling (without Kimono)

Class Schedule:

Adults Brazilian Jiu-Jitsu

Evening Classes:

Mon-Tue-Wed-Thur 7:00 PM – 8:15 PM

Day Classes:

Tue-Wed-Thur 11:00 AM - 12:30 PM

Sat 11:00 AM - 12:15 PM

Kids Brazilian Jiu-Jitsu

Evening Classes:

Mon-Wed 6:00 PM – 6:50 PM

Day Class:

Sat 10:00 AM - 10:50 AM