

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LITTLE NINJAS AGES 6 & UNDER
5:00PM

BIG NINJAS AGES 7-12
5:40PM

ADULT ADVANCED NO-GI
6:30PM

ADULT INTRO BJJ
7:30PM

ADULTS STRIKING
9:00AM

ADVANCED NO-GI
10:00AM

BIG NINJAS INTRO AGES 7-12PM
5:00PM

TEENS GI
5:45PM

ADVANCED GI
6:30PM

INTRO BJJ
7:30PM

ADULT ADVANCED NO-GI
10:00AM

ADULT ADVANCED ALT GI & NO GI
6:00AM

LITTLE NINJAS AGES 6 & UNDER
5:00PM

BIG NINJAS AGES 7-12
5:40PM

ADVANCED ADVANCED NO-GI
6:30PM

ADULTS INTRO GI
7:30pm

ADULT ADVANCED GI
10:00AM

LITTLE NINJAS AGES 6 & UNDER
5:00PM

TEENS NO-GI AGES 13-18
5:45PM

ADULT ADVANCED GI
6:30PM

ADULTS INTRO GI
7:30PM

ADULT ADVANCE GI
6:00AM

BIG NINJAS INTRO AGES 7-12
5:00PM

BIG NINJAS & TEENS COMPETITION CLASS
5:45PM

ADULT ADVANCED NO-GI
7:00PM

ADULT WRESTLING
10:00AM

OPEN MAT ALL LEVELS
11:00AM

NO CLASSES