

MONDAY

TUESDAY

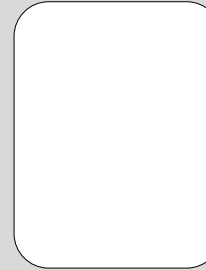
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING & LUNCH CLASSES



9:30 - 10:30AM




BOX CIRCUIT
ALL LEVELS

12:10 - 12:50PM




GRACIE JIU JITSU
ALL LEVELS

12:10 - 12:50PM




GRACIE JIU JITSU
ALL LEVELS

12:10 - 12:50PM




GRACIE JIU JITSU
ALL LEVELS

12:10 - 12:50PM

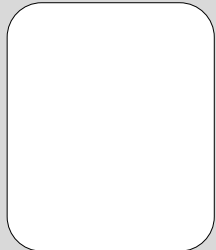


GRACIE JIU JITSU
ALL LEVELS

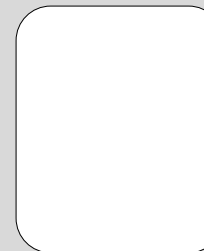
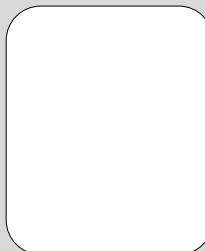
12:10 - 12:50PM




GRACIE JIU JITSU
OPEN MATS



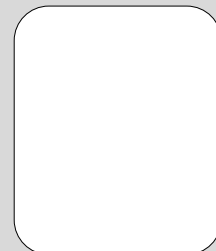
NIGHT CLASSES




5:15 - 6:00PM



GRACIE JIU JITSU
KIDS




5:00 - 6:00PM




BOX CIRCUIT
ALL LEVELS

5:00 - 5:45PM



FIGHT CLASS
ALL LEVELS

5:00 - 6:00PM

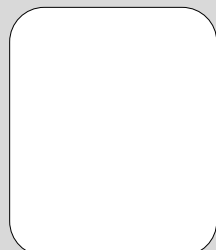
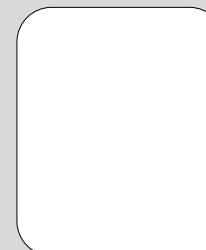


BOX CIRCUIT
ALL LEVELS


5:00 - 5:45PM



SPARRING
BOXING ONLY




6:00 - 7:00PM




BOXING
BASICS

6:00 - 7:00PM




BOXING
ALL LEVELS

6:00 - 7:00PM




BOXING
ALL LEVELS

6:00 - 7:00PM

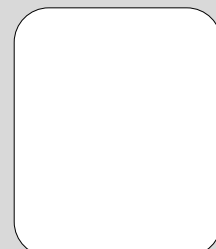


BOXING
ALL LEVELS


6:00 - 7:00PM



BOXING
ALL LEVELS




6:00 - 7:00PM




GRACIE JIU JITSU
ALL LEVELS

6:00 - 7:00PM




GRACIE JIU JITSU
BASICS

6:00 - 7:00PM



GRACIE JIU JITSU
ALL LEVELS

6:00 - 7:00PM



GRACIE JIU JITSU
ALL LEVELS

6:00 - 7:00PM



GRACIE JIU JITSU
OPEN MATS

