



WEEKLY SCHEDULE

MONDAY

10:30AM - 12:00PM BJJ

6:00PM - 7:30PM BJJ

TUESDAY

10:30AM - 12:00PM BJJ

6:00PM - 7:30PM BJJ

WEDNESDAY

10:30AM - 12:00PM BJJ

6:00PM - 7:30PM BJJ

THURSDAY

10:30AM - 12:00PM BJJ

5:30PM - 6:00PM BJJ Mobility Lab

6:00PM - 7:30PM BJJ

FRIDAY

6:00PM - 7:30PM Open Mat

7:30PM ONE Friday Night Fights

SATURDAY

CLOSED

SUNDAY

9:00AM

UFC PPV Events &
Other Sports By Request

All classes are all levels friendly and can be done in gi or no gi.