



CLASS SCHEDULE

SUN

10 - NOON OPEN MAT
12 PM COMP PREP

MON

7 PM JIU JITSU
8 - 8:30 PM ROUNDS

TUE

5 - 6 PM JIU JITSU
6 - 7 PM ROUNDS

WED

4 - 5 PM JIU JITSU
5 - 6 PM ROUNDS

THU

5 - 6 PM JIU JITSU
6 - 7 PM WRESTLING

FRI

4 - 5 PM JIU JITSU
5 - 6 PM WRESTLING