

The Current Schedule:

As of Oct 6th, 2021

Monday:

630pm MMA

530pm BJJ, 630pm Open Rolls

Tuesday:

600pm BJJ, 700pm Open Rolls

Wednesday:

700am BJJ

1100am Coaches Class

530pm Muay Thai

630pm BJJ, 730pm Open Rolls

Thursday:

530pm Knife and Weapons Work

530pm Muay Thai

630pm Kung Fu

630pm Open rolls/sparring

Friday:

330pm BJJ/rolls

600pm Boxing/MMA

Saturday:

830 a.m. Kung Fu

930 a.m. BJJ, 1030 am Open Rolls

Sunday "church":

930a.m. (watch for updates)

