

SCHEDULE

Last update: 02/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			APE Class 4:00-4:30pm		Junior Basic All Ages 10:15-11:00am
Junior Basic Ages 5-8 4:30-5:15pm	Junior Advanced Ages 5-8 4:30-5:15pm	Junior Basic Ages 5-8 4:30-5:15pm	Junior Drills & Skills Ages 5-8 4:45-5:30pm	Junior Basic Ages 5-8 4:30-5:15pm	Basic BJJ 11:15-12:15pm
Junior Basic Ages 9-13 5:15-6:00pm	Junior Advanced Ages 9-13 5:15-6:00pm	Junior Basic Ages 9-13 5:15-6:00pm	Junior Sparring Ages 9-13 5:30-6:00pm	Junior Basic Ages 9-13 5:15-6:00pm	Randori 12:15-12:45pm
Cardio Kickboxing 6:00-6:45pm	Cardio Kickboxing 6:00-6:45pm	Cardio Kickboxing 6:15-7:00pm	Cardio Kickboxing 6:15-7:00pm	Cardio Kickboxing 6:00-6:45pm	
All Levels No Gi BJJ 6:45-7:45pm	Basic BJJ 6:45-7:45pm	Basic BJJ 7:00-8:00pm	Advanced Gi BJJ 7:00-8:00pm	Basic BJJ 6:45-7:45pm	
No Gi Randori 7:45-8:15pm	Randori 7:45-8:15pm	Randori 8:00-8:30pm	No Gi BJJ 8:00-9:00pm	Randori 7:45-8:15pm	

Discipline is the bridge between goals and accomplishment.

