



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Family Class 10:00 am - 11:00am
	Adult BJJ Fundamentals 11:00am - 12:00pm	Adult BJJ Fundamentals 11:00am - 12:00pm		Adult BJJ Fundamentals 11:00am - 12:00pm	Adult BJJ All Levels 11:00am - 12:00pm
	Adult BJJ Advanced 12:00pm - 1:00pm			Adult BJJ Advanced 12:00pm - 1:00pm	Open Mat 12:00pm - 1:00pm
Little Tigers 4:00pm - 5:00pm	Little Tigers 4:00pm - 5:00pm	Little Tigers 4:00pm - 5:00pm	Little Tigers 4:00pm - 5:00pm		
Kids' Competition 5:00pm - 6:00pm	Tigers 5:00pm - 6:00pm	Tigers 5:00pm - 6:00pm	Tigers 5:00pm - 6:00pm		
Adult BJJ Fundamentals 6:00pm - 7:00pm	Adult BJJ Fundamentals 6:00pm - 7:00pm	Women's Self-Defense 6:00pm - 7:00pm	Adult BJJ Fundamentals 6:00pm - 7:00pm		
Adult BJJ Advanced 7:00pm - 8:30pm	Adult BJJ Advanced 7:00pm - 8:30pm		Adult BJJ Advanced 7:00pm - 8:30pm		

Little Tigers (Ages 5-7) - Foundational Jiu-Jitsu skills taught through structured drills that build balance, coordination, and confidence.

Tigers (Ages 8-13) - Beginner-friendly Jiu-Jitsu training focused on practical self-defense, discipline, and skill development through clear, progressive instruction.

Family Class - The whole family on the mat -- together. This class welcomes all Little Tigers and Tigers alongside their parents for a fun, shared Jiu-Jitsu experience. No experience needed and no enrollment required for parents to join -- loaner gis are available so all you have to do is show up.

Women's Self-Defense - Designed for women, this class teaches practical self-defense techniques using leverage and timing -- not strength -- so anyone can make them work against a larger opponent. Build real confidence, real skills, and become part of a community that shows up for you on and off the mat. No experience needed, all levels welcome.

Adult BJJ Fundamentals: Our adult fundamentals class will cover a range of beginner and intermediate BJJ including self-defense, foundational understanding of BJJ positions, techniques, and concepts. This curriculum is designed as the path from White Belt to Blue Belt.

Adult BJJ Advanced: Our adult advanced class will cover a wide range of intermediate and advanced BJJ curriculum.

Try Your First Class for Free - Uniform Included!

We offer every new student a free trial class before making any enrollment decision -- including a loaner uniform so you have everything you need to get on the mat. No experience necessary, no commitment required. Just come in, experience our program, and see for yourself why our students love it. Speak to a team member today to schedule your free class.