

YOUTH

schedule of classes

● Monday

11:30am- Martial Arts
4:30pm- Martial Arts
4:30pm- Muay Thai
5:30pm-BJJ 6-12 yrs

● Tuesday

4:00pm- Little Dragons
4:30pm- Martial Arts
4:30pm- Boxing
5:30pm- Teen BJJ 13-17yrs

● Wednesday

11:30am- Martial Arts
4:30pm- Martial Arts
4:30pm- Muay Thai
5:30pm-BJJ 6-12 yrs

● Thursday

4:00pm- Little Dragons
4:30pm- Martial Arts
4:30pm- Boxing
5:30pm- Teen BJJ 13-17yrs

● Friday

11:30am- Fun Friday

● Saturday

9:00am- BJJ All Ages
9:00am- Empowering
Fathers/ First Saturday of
Every Month