

Current Class Schedule

*Advanced Classes Require Testing

Monday

5:30-6:30PM: Open Gym

6:30-8:00PM: Integrated Martial Arts (all levels)

Tuesday

10:00-11:30AM: Integrated Martial Arts (all levels)

6:06-7:05PM: Muay Thai/Boxing

7:30-8:30PM: Brazilian Jiu-Jitsu

Wednesday

5:30-6:30PM: Open Gym

6:30-8:00PM: Integrated Martial Arts (all levels)

Thursday

10:00-11:30AM: Integrated Martial Arts (all levels)

6:06-7:05PM: Muay Thai/Boxing

7:30-8:30PM: Brazilian Jiu-Jitsu

Friday

5:30-6:30PM: Open Gym

Saturday

9:30-10:30AM - Kali/JKD Advaced*

10:30-12:00PM: Integrated Martial Arts (all levels)