

Current Class Schedule, 2024

***Advanced Classes Require Testing**

Monday

5:30-6:30PM - Open Gym

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

8:00-8:30 - *Advanced Kali/JKD

Tuesday

10:00-11:30AM - Integrated Martial Arts

6:05-7:05PM - Muay Thai Kickboxing

6:05-7:05PM - *Muay Thai Sparring

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

Wednesday

5:30-6:30PM - Open Gym

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

Thursday

6:05-7:05PM - Muay Thai Kickboxing

7:05-7:25PM - *Muay Thai Sparring

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

Friday

5:30-6:30PM - Open Gym

Saturday

9:30AM-10:30AM - Advanced Kali/JKD

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

Sunday

9:30-10:30AM - Brazilian Jiu-jitsu