

Children's Program Schedule

SHARK TANK (3 - 5 Yr Olds)

Mon, Wed, Fri - 3:30 PM
Sat - 10:15 AM

LION'S DEN (5 - 7 Yr Olds)

Mon, Wed, Fri - 4:15 PM
Tues, Thurs - 5:00 PM
Saturday - 9:00 AM

EAGLE'S NEST (7-10 Yr Olds)

Mon, Wed - 5:15 PM
Tues, Thurs - 6:00 PM
Saturday - 9:30 AM

DRAGON'S LAIR (10-13 Yr Olds)

Mon, Wed - 6:15 PM
Tues, Thurs - 3:30 PM
Saturday - 9:30 AM

Advanced Programs

SPARRING

Open:
Fri - 5:15 PM

JUNIOR BLACK BELTS

Wed - 7:00 PM
Fri - 6:00 PM

JUNIOR JIU JITSU

Tues & Thurs - 4:15 PM

*Adult Jiu Jitsu Classes Are
Mon, Tues, Thurs at 7:15PM
Ask an instructor for
Details