



Children's Program Schedule

SHARK TANK (3 -5 Yr Olds)

Mon & Wed - 1:15 PM

Mon, Wed, Fri - 4:15 PM

LION'S DEN (5 -7 Yr Olds)

Mon, Wed, Fri - 4:45 PM

Tues, Thurs - 4:15 or 5:45 PM

Saturday - 9:00 AM

EAGLE'S NEST (7-10 Yr Olds)

Mon, Wed - 5:30 PM

Tues, Thurs - 5:00 PM

Saturday - 9:30 AM

DRAGON'S LAIR (10-13 Yr Olds)

Mon, Wed - 6:15 PM

Tues, Thurs - 5:00 or 5:45 PM

Saturday - 9:30 AM

Advanced Programs

SPARRING

Open:

Fri - 5:30 PM

Competition Team:

Fri - 4:45 PM, Sat - 11:30 AM

JUNIOR BLACK BELTS

1st Degrees:

Tues, Thurs - 6:30 PM, Sat - 10:15 AM

2nd Degrees:

Tues, Thurs - 5:45 PM

JUNIOR JIU JITSU

Mon & Wed - 7:00 PM

Sat - 10:15 AM

*Junior Instructors meet 1st
& 3rd Fridays at 6:30 PM.
Ask an instructor for
Details