



Children's Program Schedule

EARLY SKILLZ (3 & 4 Yr Olds)

Mon & Wed - 1:15 PM

Mon, Wed, Fri - 4:15 PM

BASIC SKILLZ (5 & 6 Yr Olds)

Mon, Wed, Fri - 4:45 PM

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

Saturday - 9:00 AM

CORE SKILLZ (7-9 Yr Olds)

Mon, Wed - 5:30 PM

Tues, Thurs - 5:00 PM

Saturday - 9:30 AM

EXTREME SKILLZ (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