



Monday

12:00 PM Adult Jiu-Jitsu Flo
05:00 PM 05:45 PM Kids Jiu-Jitsu Flo
05:00 PM 05:45 PM Spider Ninjas
06:00 PM 07:00 PM Adult Jiu-Jitsu Flo
07:00 PM 08:00 PM Jiu-Jitsu - Open Collaboration
07:00 PM 08:00 PM Kickboxing Flo
08:00 PM 08:45 PM Evening Flo

Tuesday

12:00 PM 01:00 PM Kickboxing Flo
12:00 PM 01:00 PM Open Mat
05:15 PM 06:00 PM Kids Jiu-Jitsu Flo
05:15 PM 06:00 PM Spider Ninjas
06:00 PM 07:00 PM Kickboxing Flo
07:00 PM 08:00 PM Adult Jiu-Jitsu Flo
08:00 PM 08:45 PM Jiu-Jitsu - Open Collaboration

Wednesday

12:00 PM Adult Jiu-Jitsu Flo
05:00 PM 05:45 PM Kids Jiu-Jitsu Flo
05:00 PM 05:45 PM Spider Ninjas
06:00 PM 07:00 PM Adult Jiu-Jitsu Flo
07:00 PM 08:00 PM Jiu-Jitsu - Open Collaboration
07:00 PM 08:00 PM Kickboxing Flo
08:00 PM 08:45 PM Evening Flo

Thursday

12:00 PM 01:00 PM Kickboxing Flo
12:00 PM 01:00 PM Open Mat
05:15 PM 06:00 PM Kids Jiu -Jitsu Flo
05:15 PM 06:00 PM Spider Ninjas
06:00 PM 07:00 PM Kickboxing Flo
07:00 PM 08:00 PM Adult Jiu-Jitsu Flo
08:00 PM 08:45 PM Jiu-Jitsu - Open Collaboration

Friday

12:00 PM - 1:00 PM Adult Jiu-Jitsu Flo
05:15 PM 06:00 PM Kids Jiu-Jitsu Flo
05:15 PM 06:00 PM Spider Ninjas
06:00 PM 07:00 PM Kickboxing Flo
07:00 PM 08:00 PM Adult Jiu-Jitsu Flo

Saturday

10:00 AM 10:45 AM Kids Jiu-Jitsu Flo
10:00 AM 10:45 AM Spider Ninjas
11:00 AM - 12:00 PM Kickboxing Flo
12:00 PM - 01:00 PM Adult Jiu-Jitsu Flo

Sunday

12:00 PM - 01:00 PM Adult Jiu-Jitsu Flo

Class Menu:

Kickboxing Flo - Boot camp style kickboxing classes that focus on good form, cardiovascular, strength training and more.

Adult Jiu-Jitsu Flo - Brazilian Jiu-Jitsu class for ages 14 - adults.

Spider Ninjas - Kids Jiu-Jitsu for ages 4-7 years.

Kids Jiu-Jitsu Flo - Brazilian Jiu-Jitsu for ages 8-13 years.

Evening Flo - A movement based class that mixes flexibility, body weight exercises, meditation and more. The perfect way to close out your day.

Jiu-Jitsu Open Collaboration - Open grappling, drilling and collaborating with team mates and instructors.

