

DAY	TIME 10-11 AM	TIME 12-1 PM	TIME 4:45 - 5:30 PM	TIME 6:30-7:30 PM	TIME 7:30-8:30 PM
MONDAY		GI FOUNDATIONS	KIDS BJJ	NO GI FOUNDATIONS	NO GI ADVANCED
TUESDAY		NO GI FOUNDATIONS		GI FOUNDATIONS	GI ADVANCED
WEDNESDAY				GI & NO GI ALL LEVELS	
THURSDAY	GI ALL LEVELS		KIDS BJJ	NO GI FOUNDATIONS	NO GI ADVANCED
FRIDAY					
SATURDAY	NO GI ALL LEVELS				
SUNDAY					

TRAINING GI OR NO GI

You're welcome to train in either Gi or No Gi, as the classes are designed to work for both. It's a great way to get extra mat time, develop your conditioning, and pressure-test the techniques you're learning.

FOUNDATIONS

Perfect for those who are new to BJJ or anyone wanting to sharpen their foundation. Whether it's your first week or first year, this class will focus on key positions, movements, and concepts to build solid fundamentals.

ADVANCED

These sessions are geared towards students with more experience, covering deeper concepts, combinations, and higher-paced drills. That said, they're open to everyone, most students stay on after the Beginners/Fundamentals class to keep learning and rolling.

DRILLING & ROUNDS

A higher-paced session focused on positional drilling and live rounds to help sharpen technique and build fitness. This class accommodates both Gi and No Gi. Feel free to train in whichever you prefer.

ALL LEVELS

Suitable for both beginners and experienced grapplers. These sessions offer a balanced mix of technique and sparring that works for all skill levels.

OPEN MAT

A relaxed, unstructured session where you can roll, drill, or work on specific areas at your own pace. This session may be cancelled on short notice due to competitions or seminars