

Every class, all week.

JNR = junior programs · Your free trial week covers everything below

Monday

6:00 – 7:00 am	Movement & Hand Balancing	
9:30 – 10:30 am	Strength & Conditioning	
12:30 – 1:30 pm	BJJ Fundamentals	
5:30 – 6:30 pm	Women's BJJ	
5:30 – 6:30 pm	BJJ	
6:30 – 7:00 pm	BJJ Rounds	
6:30 – 7:30 pm	MMA	
3:30 – 4:00 pm	Jellyfish BJJ	JNR
4:00 – 4:45 pm	Piranhas BJJ	JNR
4:45 – 5:30 pm	Piranhas MMA	JNR

Tuesday

6:00 – 7:00 am	Strength & Conditioning	
6:00 – 7:00 am	BJJ	
5:30 – 6:30 pm	Nogi	
5:30 – 6:30 pm	Yoga	
6:30 – 7:30 pm	Nogi Fundamentals	
3:30 – 4:00 pm	Jellyfish Nogi	JNR
4:00 – 4:45 pm	Piranhas Fitness	JNR
4:45 – 5:30 pm	Piranhas Nogi	JNR

Wednesday

6:00 – 7:00 am	Movement & Hand Balancing	
5:30 – 6:30 pm	Women's Nogi	
5:30 – 6:30 pm	Advanced Nogi	
6:30 – 7:30 pm	Nogi	
3:30 – 4:00 pm	Jellyfish Nogi	JNR
4:00 – 4:45 pm	Piranhas Nogi	JNR
4:45 – 5:30 pm	Positional Sparring	JNR

Thursday

6:00 – 7:00 am	Nogi	
5:30 – 6:30 pm	BJJ Fundamentals	
3:30 – 4:00 pm	Jellyfish BJJ	JNR
4:00 – 4:45 pm	Piranhas Fitness	JNR
4:45 – 5:30 pm	Piranhas BJJ	JNR

Friday

6:00 – 7:00 am	Yoga	
9:30 – 10:30 am	Strength & Conditioning	
12:30 – 1:30 pm	Nogi	
5:30 – 6:30 pm	Nogi	
6:30 – 7:30 pm	Judo	
3:45 – 4:30 pm	Combined Fitness	JNR
4:45 – 5:30 pm	Combined Judo	JNR

Saturday

7:00 – 8:00 am	Yoga	
8:00 – 9:00 am	Fitness Open Mat	
8:00 – 9:00 am	BJJ	
9:00 – 9:30 am	Guppies	JNR
9:30 – 10:00 am	Jellyfish BJJ	JNR
10:00 – 10:45 am	Piranhas BJJ	JNR
10:45 – 11:15 am	Family Class	JNR