



IN-STUDIO CLASSES
Effective February 1st, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	9:00-10:15 AM Adult BJJ & Centered Kids BJJ	
4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Stripe Clinic		
5:00-5:45 Level One, Through Four	5:00-5:45 Level One, Two & Three Karate	5:00-5:45 Level One, Two & Three Karate	5:00-5:45 Level One, Two & Three Karate	5:00-6:00 Black Belt Training/Prep		10:30-11:30 AM Youth Brazilian Jiu Jitsu
6:00-7:15 Adult and Youth Brazilian Jiu-Jitsu	6:00-7:00 Adult Karate & Level Four "No Gi" Open Mat @ 6PM	6:00-7:15 Adult and Youth Brazilian Jiu-Jitsu	6:00-7:00 Adult Karate & Level Four "No Gi" Open Mat @ 6PM			



Creating boundless possibilities to live extraordinary lives.