



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|---------------------------------------|---|---------------------------------------|--|------------------------|-------------------------------------|
| | 06:30am-7:30 am Fundamentals Gi | | 06:30am-7:30 am Fundamentals Gi | | 10am – 2pm Open Mat | Competition/ Private Training |
| 11:45am-1:30pm Advanced Gi | 11:45am-1:30pm Fundamentals Gi | 11:45am-1:30pm Drill to get better at Jiu Jitsu | 11:45am-1:30pm Fundamentals Gi | 11:45am-1:30pm Advanced Gi | | |
| 5pm-6pm Kids Jitsu Gi | 5pm-6pm Kids Jitsu Gi | 5pm-6pm Kids Jitsu Gi | 5pm-6pm Kids Jitsu Gi | 5pm-6pm Kids Jitsu Gi | | |
| 6pm-7pm Fundamentals Gi | | 6pm-7pm Fundamentals Gi | | 6pm-7pm Drill to get better at Jiu Jitsu | | |
| 7pm-9pm Advanced Gi | 7pm-9pm MMA | 7pm-9pm Advanced Gi | 7pm-9pm No-Gi Jiu Jitsu | 7pm-9pm Ladies Only Jiu Jitsu | | |

For Questions Please Call Seth at 919-578-8552



Pricing

- \$125/month for 1 adult**
- \$190/month for 2 adults**
- \$225/month-family**
- \$90/month for 1 kid**
- \$150/month for 2 kids**
- \$225/month-family**