

MONDAY

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|-----------|---------|
| Jiu-Jitsu | 11:30am |
| Jiu-Jitsu | 6:00pm |

TUESDAY

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| Striking | 11:30am |
| Striking | 6:00pm |

WEDNESDAY

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|-----------|---------|
| Jiu-Jitsu | 11:30am |
| Jiu-Jitsu | 6:00pm |

THURSDAY

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| Striking | 11:30am |
| Striking | 6:00pm |

FRIDAY

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|-----------|---------|
| Jiu-Jitsu | 11:30am |
| Jiu-Jitsu | 6:00pm |

SATURDAY

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| Striking | 11:00am |
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SUNDAY

No Classes

Arcata Location

820 N. St • (707) 440.9555



Facility Hours

Mon-Fri: 11:30am-12:30pm, 6:00-7:30pm

Saturday: 11:00am-12:30pm

Sunday: Closed