

MONDAY

Jiu-Jitsu	5:30-6:30pm	Israel
Striking	6:30-7:30pm	Gabriel

TUESDAY

Youth Self Defense & MMA	4:30-5:30pm	Israel
Striking	5:30-6:30pm	Gabriel
Jiu-Jitsu	6:30-7:30pm	Israel

WEDNESDAY

Jiu-Jitsu	5:30-6:30pm	Israel
Striking	6:30-7:30pm	Gabriel

THURSDAY

Youth Self Defense & MMA	4:30-5:30pm	Israel
Striking	5:30-6:30pm	Gabriel
Jiu-Jitsu	6:30-7:30pm	Israel

FRIDAY

Jiu-Jitsu	5:30-6:30pm	Israel
Striking	6:30-7:30pm	Gabriel