

MONDAY

Strength & Conditioning

4:00pm-5:00pm

Tyson

WEDNESDAY

Strength & Conditioning

4:00pm-5:00pm

Tyson

FRIDAY

Strength & Conditioning

4:00pm-5:00pm

Tyson

SATURDAY

Strength & Conditioning

10:00am-11:00pm

Tyson

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

MONDAY

No Gi Jiu-Jitsu 1	11:30am-12:30pm	Juan
No Gi Jiu-Jitsu	6:00pm-7:00pm	Juan
Beginner Striking	7:00pm-8:00pm	Gabriel

THURSDAY

Striking	11:30am-12:30pm	Juan
Striking	6:00pm-7:00pm	Juan
Beginner No Gi Jiu-Jitsu	7:00pm-8:00pm	Israel

TUESDAY

Striking	11:30am-12:30pm	Juan
Striking	6:00pm-7:00pm	Juan
Beginner Jiu-Jitsu	7:00pm-8:00pm	Israel

FRIDAY

No Gi Jiu-Jitsu 1	11:30am-12:30pm	Juan
No Gi Jiu-Jitsu	6:00pm-7:00pm	Juan
Beginner Striking	7:00pm-8:00pm	Gabriel

WEDNESDAY

No Gi Jiu-Jitsu	11:30am-12:30pm	Juan
No Gi Jiu-Jitsu	6:00pm-7:00pm	Juan
Beginner Striking	7:00-8:00pm	Gabriel

SATURDAY

Open Mat	11:00am-12:00pm	Tyson
----------	-----------------	-------

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