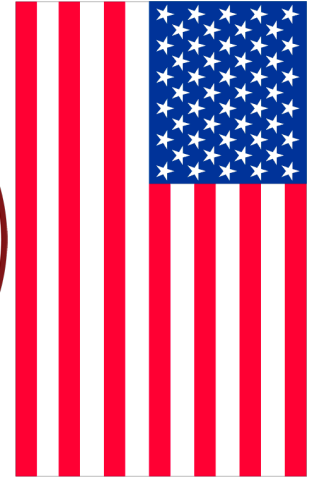


# BRAZILIAN JIU-JITSU & MIXED MARTIAL ARTS



## KIDS

Our kids & teens program from age 4 to 12 is focused on discipline, physical activities, self defense, self motivation, bully prevention, building confidence and building future athletes. We work together with the parents to prepare their children for any situation that they may face in life.

### KIDS CLASS

**MONDAY, WEDNESDAY &  
FRIDAY  
FROM 5-6:00PM**

## ADULT

Our adult program is for women and men of any age and is focused on self defense, cardio exercises, strength and conditioning exercises, agility, flexibility, endurance and of course, enjoying our classes. We will help you achieve your goal, regardless if it is to lose weight, help with your diet, become a competitor, an instructor or just as a hobby. We train together as a family.

### ADULTS CLASS

**MONDAY, WEDNESDAY &  
FRIDAY FROM 6:30-8 PM  
TUESDAY & THURSDAY  
FROM 8-9:00AM**

## PRIVATE

Our Brazilian jiu-jitsu private classes are designed so that the student can get individually focused attention from the instructor, allowing them to gain a better understanding of specific areas of BJJ. Taking private classes allows the student the opportunity to learn faster and to close gaps in his or her game, correct specific details, make up for missed classes and speed up progress. This is done at the availability of the instructor and the student.



*Leave a review  
and help us grow!*



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