

MONDAY TO FRIDAY

MONDAY

Taekwondo

6:05 – 7:00pm Mat 1

TAEKWONDO

TUESDAY

Hapkido

6:05 – 7:00pm Mat 1

HAPKIDO

WEDNESDAY

**Kummooyeh
(Senior Belts)**

6:05 – 7:00pm Mat 1

KUMMOOYEH

THURSDAY

Hapkido

6:05 – 7:00pm Mat 1

HAPKIDO

FRIDAY

Taekwondo

6:05 – 7:00pm Mat 1

TAEKWONDO

BJJ Open Mat

6:00 – 7:00pm Mat 2

OPEN MAT

MMA Striking & Grappling

6:05 – 6:55pm Mat 2

MMA

Kummooyeh

(Senior Belt Sparring)

6:05 – 7:00pm Mat 2

KUMMOOYEH

Epic Brazilian JiuJitsu

7:05 – 8:30pm Mat 1

EPIC BJJ

Kokusai JuJutsu Ryu

7:05 – 8:00pm Mat 1

JUJUTSU

Epic Brazilian JiuJitsu

7:05 – 8:30pm Mat 1

EPIC BJJ

Kokusai JuJutsu Ryu

7:05 – 8:00pm Mat 1

JUJUTSU

Kummooyeh

7:05 – 8:00pm Mat 2

KUMMOOYEH

Aware Krav Maga

7:05 – 8:05pm Mat 2

KRAV MAGA

Taekwondo

7:05 – 8:00pm Mat 2

TAEKWONDO

Epic Brazilian JiuJitsu

(No-Gi)

7:05 – 8:00pm Mat 2

EPIC BJJ

SATURDAY

Hapkido

10:30 – 11:30am Mat 1

HAPKIDO

Taekwondo

11:10am – 12:00pm Mat 2

Kids 7+ & Adults

TAEKWONDO

Kummooyeh

(All Levels)

11:35am – 12:50pm Mat 1

KUMMOOYEH

BJJ Open Mat

12:45 – 2:00pm Mat 2

Non-instructed · Bring a friend

OPEN MAT