Hours of Operation

Monday	Tuesday	Wednesday	Thursday	Friday
	12:00-1:00pm Machida Karate 13+ y/o		12:00-1:00pm Machida Karate 13+ y/o	
4:00-4:30pm Private Lessons with Dane Call to Sign Up!	4:00-4:30pm Private Lessons with Dane Call to Sign Up!	4:00-4:30pm Private Lessons with Dane Call to Sign Up!	4:00-4:30pm Private Lessons with Dane Call to Sign Up!	4:00-4:30pm Private Lessons with Dane Call to Sign Up!
4:40-5:15pm Lil' Dragons 4-5 y/o	4:40-5:15pm Lil' Dragons 6-7 y/o	4:40-5:15pm Lil' Dragons 4-5 y/o	4:40-5:15pm Lil' Dragons 6-7 y/o	4:40-5:15pm Competition Brazilian Jiu-Jitsu 8+ y/o
5:30-6:15pm Juniors TSD/Machida Sparring 8-13 y/o	5:30-6:15pm Juniors No-Gi BJJ 8-13 y/o	5:30-6:15pm Juniors Machida 8-13 y/o	5:30-6:15pm Juniors No-Gi BJJ 8-13 y/o	5:30-6:15pm Juniors Machida 8-13 y/o
6:30-7:15pm Juniors No-Gi BJJ 8-13 y/o	6:30-7:15pm Juniors TSD Karate 8-13 y/o	6:30-7:15pm Juniors Gi Judo 8-13 y/o	6:30-7:15pm Juniors TSD Karate 8-13 y/o	6:30-7:30pm Adult No-Gi BJJ 13+ y/o
7:30-8:30pm Adult TSD/Machida Sparring 13+ y/o	7:30-8:30pm Adult TSD Karate 13+ y/o	7:30-8:30pm Adult No-Gi BJJ 13+ y/o	7:30-8:30pm Adult TSD Karate 13+ y/o	7:30pm MMA + Jesus 18+ y/o FREE

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Call: (254) 598-2043