

STAY UP TO DATE ON CLASS TIMES!

CONTACT US IF YOU HAVE ANY QUESTIONS ABOUT OUR CLASSES.

No Classes Saturday-Sunday

Private Lessons Available By Appointment Only

Home School Classes (Ages 4+)

- Gi
- No Gi

Adults Classes (Ages 18+)

- Morning
- Evening
- Women's Only
- Tournament Training

Kids Classes

- Baby Sloths (Ages 4-6)
- Little Sloths (Ages 7-9)
- Junior Sloths (Ages 10-12)
- Teen Sloths (Ages 13-17)

Friday Rolling

- Baby & little Sloths (Ages 4-9)
- Junior & Teen Sloths (Ages 10-17)

Monday	Tuesday	Wednesday	Thursday	Friday
Homeschool Gi 9:00 am - 9:45 am	Homeschool Gi 9:00 am - 9:45 am	Homeschool Gi 9:00 am - 9:45 am	Homeschool Gi 9:00 am - 9:45 am	Baby & Little Sloths 5:00 pm - 5:30 pm
Adults AM 9:45 am - 10:45 am	Adults AM 9:45 am - 10:45 am	Homeschool No Gi 9:45 am - 10:15 am	Adults AM 9:45 am - 10:45 am	Junior & Teen Sloths 5:45 pm - 6:45 pm
Little Sloths 5:00 pm - 5:45 pm	Baby Sloths 5:00 pm - 5:30 pm	Little Sloths 5:00 pm - 5:45 pm	Baby Sloths 5:00 pm - 5:30 pm	Tournament Training 7:00 pm - 8:15 pm
Junior Sloths 6:00 pm - 6:45 pm	Teen Sloths 6:00 pm - 6:45 pm	Junior Sloths 6:00 pm - 6:45 pm	Teen Sloths 6:00 pm - 6:45 pm	
Adults PM 7:00 pm - 8:15 pm	Adults PM 7:00 pm - 8:15 pm	Women's Only 7:00 pm - 8:15 pm	Adults PM 7:00 pm - 8:15 pm	