



Adult Mixed Martial Arts & Brazilian Jiu-Jitsu

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lessons or Birthday Parties Available By Appointment Only			MORNING CLASSES MMA / BJJ 12pm - 2pm	MORNING CLASSES MMA / BJJ 12pm - 2pm	MORNING CLASSES MMA / BJJ 12pm - 2pm	Open Mat Adults 2pm – 5pm
			Mixed Martial Arts Adults 7pm – 8pm	Mixed Martial Arts Adults 7pm – 8pm		
		Team Robson Moura Brazilian Jiu Jitsu Beg. 8pm – 9pm			Team Robson Moura Brazilian Jiu Jitsu Beg. 8pm – 9pm	After 2pm Private Lessons or Birthday Parties Available By Appointment Only
		Team Robson Moura Brazilian Jiu Jitsu Adv. 9pm – 10pm		Open Mat Adults 9pm – 10pm	Team Robson Moura Brazilian Jiu Jitsu Adv. 9pm – 10pm	

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