

MONDAY

Adult No-Gi Jiu Jitsu	11:30am-12:30pm
Wrestling (Grade 7 & up)	4:00-5:00pm
Wrestling (Grade 6 & under)	5:00-6:00pm
Adult No-Gi Jiu Jitsu	6:00-7:00pm

TUESDAY

Striking	11:30am-12:30pm
Kids Self Defense	5:00-6:00pm
Striking	6:00-7:00pm
Brazilian Jiu Jitsu Gi Class	7:00-8:00pm

WEDNESDAY

Adult No-Gi Jiu Jitsu	11:30am-12:30pm
Wrestling (Grade 7 & up)	4:00-5:00pm
Wrestling (Grade 6 & under)	5:00-6:00pm
Adult No-Gi Jiu Jitsu	6:00-7:00pm

THURSDAY

Striking	11:30am-12:30pm
Kids Self Defense	5:00-6:00pm
Striking	6:00-7:00pm
Brazilian Jiu Jitsu Gi Class	7:00-8:00pm

FRIDAY

Adult No-Gi Jiu Jitsu	11:30am-12:30pm
Wrestling (Grade 7 & up)	4:00-5:00pm
Wrestling (Grade 6 & under)	5:00-6:00pm
Adult No-Gi Jiu Jitsu	6:00-7:00pm

SATURDAY

Striking	11:00am-12:00pm
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SUNDAY

No Classes

Arcata Location

820 N. St • (707) 440.9555



Facility Hours

Mond, Wed, Fri: 11:30am-12:30pm, 4:00-7:00pm

Tues, Thurs: 11:30am-12:30pm, 5:00-7:00pm

Saturday: 11:00am-12:00pm

Sunday: Closed