

MONDAY

No Gi Jiu-Jitsu	11:30am-12:30pm	Juan
Youth Wrestling	4:00pm-5:00pm	Cass
Youth Wrestling	5:00pm-6:00pm	Cass
No Gi Jiu-Jitsu	6:00pm-7:00pm	Juan
Beginner Striking	7:00pm-8:00pm	Tyson

TUESDAY

Striking	11:30am-12:30pm	Juan
Youth Self Defense & MMA	4:00pm-5:00pm	Cass
Youth Weightlifting & Conditioning	5:00pm-6:00pm	Cass
Striking	6:00pm-7:00pm	Juan
Beginner Gi Jiu-Jitsu	7:00pm-8:00pm	Juan

WEDNESDAY

No Gi Jiu-Jitsu	11:30am-12:30pm	Juan
Youth Wrestling	4:00pm-5:00pm	Cass
Youth Wrestling	5:00pm-6:00pm	Cass
No Gi Jiu-Jitsu	6:00pm-7:00pm	Juan
Beginner Striking	7:00pm-8:00pm	Tyson

THURSDAY

Striking	11:30am-12:30pm	Juan
Youth Self Defense & MMA	4:00pm-5:00pm	Cass
Youth Weightlifting & Conditioning	5:00pm-6:00pm	Cass
Striking	6:00pm-7:00pm	Juan
Beginner Gi Jiu-Jitsu	7:00pm-8:00pm	Juan

FRIDAY

No Gi Jiu-Jitsu	11:30am-12:30pm	Tyson
Youth Wrestling	4:00pm-5:00pm	Cass
Youth Wrestling	5:00pm-6:00pm	Cass
No Gi Jiu-Jitsu	6:00pm-7:00pm	Juan
Beginner Striking	7:00pm-8:00pm	Tyson

SATURDAY

Open Mat: Striking/Gi & No-Gi Jiu-Jitsu	11:00am-12:00pm	Tyson
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Arcata Location

820 N. St • (707) 440.9555



Facility Hours

Mon-Fri: 11:30am-12:30pm, 6:00-7:30pm

Saturday: 11:00am-12:30pm

Sunday: Closed