

[561] 814-5541

6240 S. Congress Ave, STE G1  
Lantana, FL 33462

Monday

Tuesday

Wednesday

Thursday

06:00am  
12:00pm  
01:00pm  
05:30pm  
  
06:30pm  
07:30pm

Jiu-Jitsu, Gi [AL]  
Boxing [AL]  
Jiu-Jitsu, NoGi [AL]  
Kids Jiu-Jitsu, Gi,  
Kickboxing [Fund]  
Kickboxing [AL]  
Jiu-Jitsu, Gi [AL]

12:00pm  
01:00pm  
05:30pm  
  
06:30pm  
07:30pm  
08:30pm

Muay Thai [AL]  
Jiu-Jitsu, Gi [AL]  
Kids Kickboxing,  
Cardio Kickboxing  
Muay Thai [AL],  
Jiu-Jitsu, Gi [Fund]  
Jiu-Jitsu, NoGi [AL]  
MMA [AL]

06:00am  
12:00pm  
01:00pm  
05:30pm  
  
06:30pm  
07:30pm

Jiu-Jitsu, Gi [AL]  
Boxing [AL]  
Jiu-Jitsu, NoGi [AL]  
Kids Jiu-Jitsu, Gi,  
Kickboxing [Fund]  
Kickboxing [AL],  
Jiu-Jitsu, Gi [AL]

12:00pm  
01:00pm  
05:30pm  
  
06:30pm  
07:30pm  
08:30pm

Muay Thai [AL]  
Jiu-Jitsu, Gi [AL]  
Kids Kickboxing,  
Cardio Kickboxing  
Muay Thai [AL],  
Jiu-Jitsu, Gi [Fund]  
Jiu-Jitsu, NoGi [AL]  
MMA [AL]

Friday

Saturday

Sunday

06:00am  
12:00pm  
01:00pm  
05:30pm  
06:30pm  
  
07:30pm

Jiu-Jitsu, NoGi [AL]  
Boxing [AL]  
Jiu-Jitsu, NoGi [AL],  
Kids Jiu-Jitsu, Gi  
Muay Thai [AL]  
Jiu-Jitsu, NoGi [Fund]  
Pad Work [AL]

10:30am  
11:30am

Sparring [Adv]  
Open Mat [AL]

CLOSED



TEMPORARY  
COVID SCHEDULE

Fund = Fundamental  
Adv = Advanced  
AL = All Skill Levels

Gi = Jiu-Jitsu Uniform, required for this class  
NoGi = No Jiu-Jitsu Gi is required for this class