



Monday- 5:00pm Youth BJJ
5:45pm BJJ Fundamentals
6:30pm BJJ Open Mat
7:30pm Kickboxing Introduction
7:30pm Kickboxing Fundamentals

Thursday- 5:00pm Youth Kickboxing
5:45pm Kickboxing Fundamentals
6:30pm BJJ No-GI

Tuesday- 5:00pm Youth BJJ
5:45pm BJJ Fundamentals
6:30pm BJJ Open Mat
7:30pm Kickboxing Introduction
7:30pm Kickboxing Fundamentals

Saturday- 10:00am BJJ-Gi Open Mat

Wednesday- 5:00pm Youth BJJ
5:45pm BJJ Fundamentals
6:30pm BJJ Open Mat
7:30pm Kickboxing Introduction
7:30pm Kickboxing Fundamentals

Sunday- BJJ Mat Buddies
call for appointment

ENROLL NOW

Address - 107 Cox St, Bristol, TN 37620 - Phone - (423) 383-1981