

CLASS SCHEDULE

Choose the Best Class to Elevate your Training.

\$20 Drop-in fee if you're just visiting Taos.

Monday:

- 4:30-5:00pm 6 & Under Jiu Jitsu
- 5:00-5:15pm Kids Open Mat All Ages (Free Time w/ Balls, Extra Rolling Time, Drills)
- 5:15-6:00pm 7 & Up Jiu Jitsu
- 6:15-7:15pm Adult Beginner Jiu Jitsu
- 7:15-8:00pm Advanced Jiu Jitsu

Tuesday:

- 4:30-5:00pm 6 & Under Jiu Jitsu
- 5:00-5:15pm Kids Open Mat All Ages (Free Time w/ Balls, Extra Rolling Time, Drills)
- 5:15-6:00pm 7 & Up Jiu Jitsu
- 6:15-7:45pm Kickboxing with Zsolt

Wednesday:

- 3:00-4:30pm Wing Chun with Barnaby
- 4:30-5:00pm 6 & Under Jiu Jitsu
- 5:00-5:15pm Kids Open Mat All Ages (Free Time w/ Balls, Extra Rolling Time, Drills)
- 5:15-6:00pm 7 & Up Jiu Jitsu
- 5:15-6:00pm Stretching and Conditioning for Martial Arts with Reto
- 6:15-7:15pm Adult Beginner Jiu Jitsu
- 7:15-8:00pm Advanced Jiu Jitsu

Thursday:

- 4:30-5:00pm 6 & Under Jiu Jitsu
- 5:00-5:15pm Kids Open Mat All Ages (Free Time w/ Balls, Extra Rolling Time, Drills)
- 5:15-6:00pm 7 & Up Jiu Jitsu
- 5:00-6:00pm Yoga
- 6:15-7:45pm Kickboxing with Zsolt

Friday:

- 3:00-4:30pm Wing Chun with Barnaby
- 6:15-7:15pm Adult Beginner Jiu Jitsu
- 7:15-8:00pm Advanced Jiu Jitsu

Saturday:

- 9:00-10:00am Kids Competition Team
- 10:00-11:00am Adults Competition Team
- 11:00-12:00pm Kickboxing with Reto
- 11:00-12:00pm Open Roll