

Address: 7140 Abbott Ave., (2nd floor)
Miami Beach, FL 33141

Phone: 305-497-3730

SCHEDULE:

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 AM	No-Gi <i>Fundamentals</i>	No-Gi <i>All-Levels</i>	No-Gi <i>All-Levels</i>	No-Gi <i>All-Levels</i>	No-Gi <i>All-Levels</i>		
12:00 PM							OPEN MAT <i>All-Levels</i>
4:30 PM		Toddlers BJJ		Toddlers BJJ			
5:00 PM	Kids BJJ <i>Fundamentals</i>	Kids Boxing	Kids BJJ	Kids Boxing	Kids BJJ		
6:00 PM	BJJ <i>Fundamentals</i>	BJJ <i>All-Levels</i>	BJJ <i>All-Levels</i>	BJJ <i>Advance</i>	BJJ <i>All-Levels</i>		
7:00 PM	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai & No-Gi <i>All-Levels</i>		
7:15 PM	No-Gi <i>Fundamentals</i>	No-Gi <i>All-Levels</i>	Wrestling <i>All-Levels</i>	No-Gi <i>Advance</i>			
8:00 PM		MMA SPARRING		MMA SPARRING			

OFFICE HOURS:

TIME	Monday - Sunday
10:00 AM - 8:30 PM	