

# Kids SCHEDULE

MON

Groms 7+

5-5:50 Jiu Jitsu

6-6:30 Kickboxing

TUE -

Little Groms 4-6

THURS

5-5:45

Groms 7+

5:45-6:30

Little Groms 4-6

9-9:45

SAT

Groms 7+

9:45-10:30



**HIGHTIDE  
JIU-JITSU**

# Adults SCHEDULE

MON

BJJ NOGI

6:45-7:45 pm

TUE

BJJ GI

6-7:00 AM

6:30-7:30 PM

WED

BJJ GI 6:30-7:30 PM

Kickboxing 7:40-8:15

THU

BJJ GI

6-7:00 AM

6:30-7:30 PM

FRI

CLOSED

SAT

BJJ NOGI 10:30

SUN

BJJ GI 9:00

Kickboxing 10:30