



SHOGUN FIGHT CO.

Current schedule as of September 26, 2022



Monday:

8:00am- Adult Striking
9:00am- BJJ open mat
4:15pm- BJJ ages 4-7
5:00pm-BJJ ages 8-12
6:00pm- Adult Striking
7:00 pm- Adult BJJ Gi

Tuesday:

9:30am- Adult BJJ Gi
3:45pm- Kids Bjj all ages
4:30pm- Kids Striking ages 4-7
5:00pm- Kids Striking ages 8-12
5:45pm- Adult Striking
6:45pm- Adult BJJ no-gi and
Women's BJJ Gi

Wednesday:

9:30am- Adult BJJ Gi
4:15pm- Kids BJJ ages 4-7
5:00pm- Kids BJJ ages 8-12
6:00pm- Adult Striking
6:00pm- BJJ open mat
7:00pm- Adult BJJ Gi

Thursday:

8:00am- Adult striking
9:30am- Adult BJJ no-gi
4:30pm- Kids Striking ages 4-7
5:00pm- Kids Striking ages 8-12
5:45pm- Adult Striking
6:45pm- Adult BJJ Gi

Friday:

9:00am- Adult BJJ open mat
4:30pm- Kids BJJ & Striking ages 4-7
5:30pm- Adult Striking

Saturday:

7:30am- Adult Striking
8:30am- Adult Striking open mat
9:30am- Kids BJJ & Striking ages 8-12
10:15am- Adult BJJ fundamentals no-gi
11:00am- Adult BJJ open mat

***Private lessons available upon request.*