



JIU-JITSU SCHEDULE

Monday to Friday

Adult (Gi) | 12:00 - 1:00 PM

All Kids (Gi) | 5:00 - 6:00 PM

Adult (Gi) | 6:30 - 8 PM

RŌCHA
BRAZILIAN JIU-JITSU



MUAY THAI SCHEDULE

~~Tuesday - Thursday~~

8:00 - 9:00 AM

RŌCHA
BRAZILIAN JIU-JITSU