



Class Schedule

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*All Ages from 5 to 75
are welcome!*

Try your First
Class for FREE!

Located at the lower level of the Meadows Shopping Mall

Monday

(No Gi Day)

5pm - 6pm - Kid's BJJ
6pm - 8pm Adult BJJ

Tuesday

(No Gi Day)

10:30am - 11:30am - Adult BJJ
5pm - 6pm Cardio Boxing
6:30pm - 7:30pm Ladies BJJ
7:30pm - 8:30pm Warrior Zen Yoga

Wednesday

(Gi Day)

5pm - 6pm - Kid's BJJ
6pm - 8pm Adult BJJ

Thursday

(Gi Day)

10:30am - 11:30am - Adult BJJ
5pm - 6pm - Cardio Boxing
6:30pm - 7:30pm - Comp BJJ Class

Friday

(No Gi Day)

1pm - 2pm - Warrior Zen Yoga
5pm - 6pm - Kid's BJJ
6pm - 8pm Adult BJJ

Saturday

9am - 10am Cardio Boxing
10:30am - 12pm - Open Mat

Whether you're a novice or you're bringing your belt with you, Jason Gonzalez Jiu-Jitsu is here to help you succeed. We will provide you with hands-on coaching, inspirational mentors, and the earnest accountability you need to achieve amazing things every step of the way.

Learn Patience • Discipline
Self Defense • Friendly Community
Weight Loss • Stress Relief
Sport • Workout
Humility • Confidence



facebook.com/jasongbjj

