

The Academy

1000 Rivergate Pkwy, Suite 1138 Goodlettsville (Inside Rivergate Mall)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					MMA 7:30-8:30	
Adult BJJ-Gi 8:00-9:00		Adult BJJ-Gi 8:00-9:00	Adult BJJ-Gi 8:00-9:00	Adult BJJ-NoGi 8:00-9:00		
					Open Mat-NoGi 10:00-11:00	
Adult BJJ-Gi 1:00-2:00		Adult BJJ-Gi 1:00-2:00		Adult BJJ-NoGi 1:00-2:00		
						Open Mat-Gi 2:00-3:00
				Adult BJJ-Gi 4:30-5:30		
Adult BJJ No Gi Kids BJJ No Gi 5:00-6:00	Adult BJJ-Gi Kids BJJ-Gi 5:00-6:00	Adult BJJ-NoGi Kids BJJ-NoGi MMA Fundamentals 5:00-6:00	Adult BJJ-Gi Kids BJJ-Gi 5:00-6:00			
BJJ Pro 6:00-7:00	Adult BJJ-Gi 6:00-7:00	Open Mat-Gi 6:00-7:00	Adult BJJ-Gi 6:00-7:00			
	MMA 7:00-8:00		MMA 7:00-8:00			

Schedule changes are posted on our private FB page

Private lessons available

A waiver must be signed to enter the matt

Doors open 15 minutes before class time

Spectators are welcome but must remain quiet

Weekend schedule is subject to change