

# Clarion MMA Class Schedule

This is our recurring weekly schedule. We run the same schedule year-round. On major holidays and inclement weather there may be a modified schedule or cancelations. Please follow us on social media to stay up to date with any changes.

 [Clarion MMA](#)

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## Recurring Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:15 pm <sup>2</sup> Pre-Karate Ages 3 & up	5 pm Kidjitsu Ages 5 - 12		5 pm Kidjitsu Ages 4 - 12		1 pm Women's Jiu-jitsu Adult & Teen
5:30 pm Adult & Teen Brazilian Jiu-jitsu Fundamentals		5:30 pm Teen Jitsu Ages 11 & up			1 pm Adult & Teen Brazilian Jiu-jitsu
6 pm Youth BJJ Competition Team (invite only)	6 pm Karate Ages 8 to Adult		6 pm <sup>1</sup> Kids Judo Ages 8 & up	6 pm Karate Ages 8 to Adult	2 pm Brazilian Jiu-jitsu Open Mat
6:30 pm Adult & Teen Kickboxing	6pm Women's Jiu-jitsu Adult & Teen	6:30 pm Adult & Teen Kickboxing	6:30 pm Adult & Teen Judo w/Tim		3 pm Adult & Teen Brazilian Jiu-jitsu Fundamentals
7:30 pm <sup>3</sup> Adult & Teen Brazilian Jiu-jitsu (no-gi)			7:30 pm <sup>3</sup> Adult & Teen Brazilian Jiu-jitsu (gi)		4 pm MMA 101 Ages 16 & up
		7:30 pm Brazilian Jiu-jitsu Open Mat (invite only)			

Most classes run for 60 minutes except:

<sup>1</sup> Classes with this symbol run for 30 minutes

<sup>2</sup> Classes with this symbol run for 45 minutes

<sup>3</sup> Classes with this symbol run for 90 minutes