

Academy Soma Schedule

MONDAY:

7:00PM-7:30PM- Introduction to BJJ

7:30PM-8:45PM- ADULT BJJ

TUESDAY:

12:00PM-1:15PM- ADULT BJJ

4:00PM-4:45PM- JR. BJJ (KIDS AGES 6-13)

7:30PM-8:45PM- ADULT BJJ

WEDNESDAY:

5:00PM-5:30PM-Introduction to BJJ

5:30PM-6:45PM- ADULT BJJ

THURSDAY:

12:00PM-1:15PM-ADULT BJJ

4:00PM-4:45PM-JR. BJJ (KIDS AGES 6-13)

7:00PM-7:30PM- Introduction to BJJ

7:30PM-8:45PM- ADULT BJJ

***FRIDAY-NO CLASSES *SATURDAY-NO CLASSES *SUNDAY-NO CLASSES**

*Matt Strack travels to academies and conducts trainings on Friday, Saturdays and Sundays.

**All adult classes are 1 hour and 15 min. All kids classes are 45 min.

***All classes taught by black belt instructor, Matt Strack.