



PURA VIDA BJJ & MMA

CLASS SCHEDULE BEGINNER MEMBERSHIP

MONDAY:

12:00 PM: ALL-LEVELS NO-GI BJJ
5:45 PM: STRIKING FUNDAMENTALS

TUESDAY:

6:00 AM: ALL-LEVELS BJJ
6:00 PM: NO-GI BJJ FUNDAMENTALS

WEDNESDAY:

12:00 PM: ALL-LEVELS GI BJJ
5:45 PM: STRIKING FUNDAMENTALS

THURSDAY:

6:00 AM: ALL-LEVELS BJJ
6:00 PM: BJJ FUNDAMENTALS

FRIDAY:

12:00 PM: ALL-LEVELS NO-GI BJJ
5:45 PM: STRIKING FUNDAMENTALS



PURA VIDA BJJ & MMA
CLASS SCHEDULE
INTERMEDIATE (ALL-LEVELS) MEMBERSHIP

MONDAY:

12:00 PM: ALL-LEVELS NO-GI BJJ
5:45 PM: STRIKING FUNDAMENTALS
7:00 PM: ALL-LEVELS NO-GI BJJ

TUESDAY:

6:00 AM: ALL-LEVELS BJJ
4:30 PM: WRESTLING FUNDAMENTALS
5:45 PM: ADVANCED NO-GI BJJ OR
6:00 PM: FOUNDATIONAL NO-GI BJJ
7:00 PM: ALL-LEVELS STRIKING

WEDNESDAY:

12:00 PM: ALL-LEVELS GI BJJ
5:45 PM: STRIKING FUNDAMENTALS
7:00 PM: ALL-LEVELS GI BJJ

THURSDAY:

6:00 AM: ALL-LEVELS BJJ
4:30 PM: WRESTLING FUNDAMENTALS
5:45 PM: ADVANCED GI BJJ OR
6:00 PM: FOUNDATIONAL NO-GI BJJ
7:00 PM: ALL-LEVELS STRIKING

FRIDAY:

12:00 PM: ALL-LEVELS NO-GI BJJ
5:45 PM: STRIKING FUNDAMENTALS /
COMPETITION BJJ



PURA VIDA BJJ & MMA

CLASS SCHEDULE

ADVANCED UNLIMITED MEMBERSHIP

MONDAY:

12:00 PM: ALL-LEVELS NO-GI BJJ
4:30 PM: MMA/FIGHT TEAM (INVITE ONLY)
5:45 PM: ADVANCED STRIKING
7:00 PM: ALL-LEVELS NO-GI BJJ

TUESDAY:

6:00 AM: ALL-LEVELS BJJ
4:30 PM: WRESTLING FUNDAMENTALS
5:45 PM: ADVANCED NO-GI BJJ OR
6:00 PM: FOUNDATIONAL NO-GI BJJ
7:00 PM: ALL-LEVELS STRIKING

WEDNESDAY:

12:00 PM: ALL-LEVELS GI BJJ
4:30 PM: MMA/FIGHT TEAM (INVITE ONLY)
5:45 PM: ADVANCED STRIKING
7:00 PM: ALL-LEVELS GI BJJ

THURSDAY:

6:00 AM: ALL-LEVELS BJJ
4:30 PM: WRESTLING FUNDAMENTALS
5:45 PM: ADVANCED GI BJJ OR
6:00 PM: FOUNDATIONAL NO-GI BJJ
7:00 PM: ALL-LEVELS STRIKING

FRIDAY:

12:00 PM: ALL-LEVELS NO-GI BJJ
5:45 PM: STRIKING FUNDAMENTALS / COMPETITION BJJ

SATURDAY:

10:00 AM: FIGHT TEAM SPARRING (INVITE ONLY)