

Cornerstone Brazilian Jiu Jitsu

Team Fight to Win of Fayetteville



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All class times are open to all skill levels

Monday:

10:00am-1:00pm	Open Training
5:00-6:00pm	Kids Class #1
6:00-7:30pm	Fundamentals
7:30-9:00pm	All Levels

Tuesday:

10:00am-1:00pm	Open Training
5:00-6:00pm	Kids Class #2
6:00-7:30pm	Advanced
7:30-9:00pm	Fundamentals

Wednesday:

10:00am-1:00pm	Open Training
5:00-6:00pm	Kids Class #1
6:00-7:30pm	All Levels (no Gi)
7:30-9:00pm	Advanced (no Gi)

Thursday:

10:00am-1:00pm	Open Training
5:00-6:00pm	Kids Class #2
6:00-7:30pm	Fundamentals
7:30-9:00pm	All Levels

Friday:

10:00am-1:00pm	Open Training
5:00-6:00pm	Open Training
6:00-8:00pm	All Adult Levels

Saturday:

9:00-10:00am	Kids Class #1, #2
10:00am-Noon	Open Training

Sunday:

Closed

*class times are subject to change.

"Men are made in different shapes and sizes with different athletic ability, Jiu-Jitsu makes us all equal."

— Grand Master Helio Gracie