

DYNAMIS IS THE WILL TO FIGHT



- KIDS & ADULTS CLASSES
- SUBMISSION GRAPPLING
- COMPETITION TRAINING
- \$95 MONTHLY DUES
- FREE TRIAL WEEK

302 Patrick Avenue • Stuart, VA • 276.692.5080 • dynamisjiujitsu.com

DYNAMIS SUBMISSION GRAPPLING

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Adults - Gi		Adults - Gi			
7:00 AM		Open Mat		Open Mat			
8:00 AM							
9:00 AM							
9:30 AM							
10:00 AM		Office Hours		Office Hours	Office Hours	Open Mat - Gi	Open Mat - NoGi
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM		Office Hours		Office Hours	Office Hours		
4:00 PM							
4:30 PM							
5:00 PM		kids 6-14 yrs old		kids 6-14 yrs old	kids 6-14 yrs old		
5:15 PM	Self Study						
6:00 PM			Self Study				
6:30 PM	Wrestling	Office Hours	Leg Locks	Office Hours	Office Hours		
7:00 PM	Women Only	13+ & adults		13+ & adults	13+ & adults		
8:00 PM							