COAST ACADEMY OF JIU-JITSU

SOUTH REDONDO BEACH

CLASS SCHEDULE

Closed Sunday & Monday · Your first class is free

TUESDAY	**10:15 AM** Coast Foundations	**4:30 PM** Coast Kids	**5:30 PM** Women Rise	**6:45 PM** Coast Foundations
WEDNESDAY BRING A FRIEND DAY	**4:30 PM** Coast Kids	**5:30 PM** Coast Foundations	**6:45 PM** Grapple Mastery	
THURSDAY	**10:15 AM** Grapple Mastery	**5:30 PM** Women Rise	**6:45 PM** Coast Foundations	
FRIDAY	**4:30 PM** Coast Kids	**5:30 PM** Coast Foundations	**6:45 PM** Grapple Mastery	
SATURDAY	**9:00 AM** Grapple Mastery	**10:15 AM** Coast Foundations	**11:30 AM** Women Rise	**12:45 PM** Coast Kids

PRIVATE LESSONS AVAILABLE

By appointment · Ask us

BRING A FRIEND!

Partner up with a friend for their free, no-risk trial class.
If they sign up, **you get a free month!**

SCAN TO BOOK A FREE INTRO CLASS

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