APEX HOUSE OF GRAPPLING

Class schedule · 51 E. Plainfield Rd, Countryside, IL · (773) 707-5191 · apexgrappling.com

MONDAY

12:00 – 1:00 PM
Adult No-Gi
All levels

6:00 – 7:00 PM
Fundamental Gi
All levels

7:00 – 8:00 PM
Advanced Gi
Blue belt and above

TUESDAY

11:00 AM – 12:00 PM
Intro to MMA

12:00 – 1:00 PM
Adult No-Gi
All levels

5:00 – 6:00 PM
Kids Jiu-Jitsu
Ages 8–13

6:00 – 7:00 PM
Fundamental No-Gi / Intro to MMA
All levels

7:00 – 8:00 PM
Advanced No-Gi
Blue belt and above

WEDNESDAY

12:00 – 1:00 PM
Adult No-Gi
All levels

6:00 – 7:00 PM
Fundamental Gi
All levels

7:00 – 8:00 PM
Advanced Gi
Blue belt and above

THURSDAY

11:00 AM – 12:00 PM
Intro to MMA

12:00 – 1:00 PM
Adult No-Gi
All levels

5:00 – 6:00 PM
Kids Jiu-Jitsu
Ages 8–13

6:00 – 7:00 PM
Fundamental No-Gi / Intro to MMA
All levels

7:00 – 8:00 PM
Advanced No-Gi
Blue belt and above

FRIDAY

5:00 – 6:30 PM
Open Mat
Some experience required

SATURDAY

10:30 AM – 12:00 PM
Advanced No-Gi
Blue belt and above

SUNDAY

9:30 – 10:30 AM
Wrestling Practice

10:30 AM – 12:00 PM
Open Mat
Some experience required

New here? Any class marked All levels is a good first class, and your first week is free. Open mat is for students with some experience.

See you on the mats.