

23042 Alcalde Dr
Suite E
Laguna Hills, CA

TRIBE



ATHLETIC CLUB

www.tribeathleticclub.com
info@tribeathleticclub.com

MON	TUES	WED	THUR	FRI	SAT	SUN
3-5 year olds Gi Jiu Jitsu 4 - 4:45	3-5 year olds NoGi Jiu Jitsu 4 - 4:45	3-5 year olds Gi Jiu Jitsu 4 - 4:45	3-5 year olds NoGi Jiu Jitsu 4 - 4:45	3-5 year olds Gi Jiu Jitsu 3:30 - 4	Women's Gi Jiu Jitsu 9:30a - 10:30	Closed
6+ year olds Gi Jiu Jitsu 4:45 - 5:45	6+ year olds NoGi Jiu Jitsu 4:45 - 5:45	6+ year olds Gi Jiu Jitsu 4:45 - 5:45	6+ year olds NoGi Jiu Jitsu 4:45 - 5:45	6+ year olds Gi Jiu Jitsu Comp Drills 4 - 5	6+ year olds Gi Jiu Jitsu Comp Class 10:30a - 11:30	
Adults Gi Jiu Jitsu 5:45 - 7:15	7+ year olds MMA 5:45 - 6:45	Adults Gi Jiu Jitsu 5:45 - 7:15	7+ year olds MMA 5:45 - 6:45	7+ year olds MMA 5 - 6		
	Adults Gi Jiu Jitsu Fundamentals 5:45 - 7:15		Adults Gi Jiu Jitsu Fundamentals 5:45 - 7:15	Adults Gi Jiu Jitsu 6 - 7:30		