

GRIT' BRAZILIAN JIU-JITSU

DISCIPLINE, SELF-CONFIDENCE & FITNESS



@ the Fitness Center
(Fees apply)

KIDS (LITTLE GRITTERS):

Tue/Thu @ 5-5:50 p.m.

ADULTS:

Tue/Thu @ 6-7:30 p.m.

OPEN MAT:

Mon/Wed @ 6:50-7:40 a.m.



247-2791

Prof, Sam Lay
605-484-4700

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GritJiuJitsu on Facebook & Instagram