

Schedule of Classes

Monday

9 am - 5 pm Private Lessons Available
6 pm Essentials
7 pm Brazilian JiuJitsu

Tuesday

10 am - 5pm Private Lessons Available
6 pm Kickboxing / Conditioning
7 pm Essentials

Wednesday

9 am - 5 pm Private Lessons Available
6 pm Advanced Training
7 pm Yoga / Bodyworks

Thursday

10 am - 5 pm Private Lessons Available
6 pm Panantukan (Filipino Boxing)
7 pm Brazilian JiuJitsu

Friday

10 am - 5 pm Private Lessons Available

Saturday

11 am Kali / Escrima
Noon Brazilian JiuJitsu
1:30 pm Orientation

Sunday

10 am - 3 pm Private Lessons Available

Effective November 1st, 2019

Visitors are always welcome. Gift Certificates are available. Private Lessons are scheduled by appointment.

Call today to schedule yours.

Established in 1997, Sage Arts Studio proudly offers classes in Kali - Jeet Kune Do - Kickboxing - Brazilian Jiu-Jitsu - Yoga

Students will also regularly engage in training methods from many arts including Silat, Savate, Thai Boxing, Maharlika Kuntaw, Eskrima, Panantukan, & Combat Submission Wrestling



Sage Arts Studio

MARTIAL ARTS & FITNESS TRAINING

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