



Sign up for Jiu Jitsu!

Learn how to defend yourself!

**Come to this address: 7106 265th St NW Suite 101,
Stanwood, WA 98292.**

\$130/month.

\$150/month for Jiu Jitsu + MMA.

Jiu Jitsu is from 5-6 pm on Monday - Thursday.

MMA is 5-6 pm on Friday.

Head Coach Jonny



Coach Christie



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