

Our Location

Written by General Info

SCHOOL LOCATION:

Southside Birmingham

2501 7th Ave. South

Birmingham, AL 35233

Phone: 205-602-2608

[View Larger Map](#)

Mondays:

6pm - 6:45pm - Kids Classes

6pm - 6:50pm - Women's Self-Defense Classes

7pm - 8pm - Adult Gi Classes

Tuesdays:

7pm - 8pm - Adult No-Gi Classes

Wednesdays:

6pm - 6:45pm - Kids Classes

6pm - 6:50pm - Women's Self-Defense Classes

7pm - 8pm - Adult Gi Classes

Thursdays:

7pm - 8pm - Adult MMA - Mixed Martial Arts

Fridays:

7pm - 8pm - Women's Self-Defense Classes

Click here for [Class Prices and Sign-Up Forms](#) .

