

INTRO CLASS. Designed for everyone who is brand new to TCC. This class is FREE for first timers! And it's where you learn the basic fundamentals, before you progress to other classes. If you can't make the times offered, give us a call and we will be happy to help.

BOXING TECHNIQUE. Designed for those learning boxing. It focuses on technique and is slow paced. This class is perfect for those returning/new to exercise.

BOXING. Designed for those who have progressed from the Boxing Technique class. This is an insane workout with great music, great people and electric atmosphere.

POWER SHOTS. For those who feel time is of the essence. This is an half hour workout to go hard, smash the pads and blow off steam.

KICKBOXING TECHNIQUE. Designed for those learning kickboxing. It focuses on technique and is slow paced. This class is perfect for those returning/new to exercise.

KICKBOXING. Designed for those who have progressed from the Kickboxing Technique class. This is an insane workout with great music, great people and electric atmosphere.

KIDS BOXING. We offer separate classes for kids aged 4 - 7 and 5 - 12. Full of fun, they learn self-defence + hand-eye coordination. Playing boxing specific games in between drills, it grows confidence and channels energy. This class is perfect for those with wandering attention spans and also pushes those wanting more.

KIDS KICKBOXING. We offer separate classes for kids aged 4 - 7 and 5 - 12. Full of fun, they learn self-defence + hand-eye coordination. Playing kickboxing specific games in between drills, it grows confidence and channels energy. This class is perfect for those with wandering attention spans + pushes those wanting more.

KIDS COMBAT CIRCUIT. This is a game-based, circuit class, incorporating martial arts techniques from all our disciplines into a light hearted and fun session.

BRAZILIAN JIU-JITSU. Whether you're new to Jiu-Jitsu, or a seasoned practitioner, we offer a variety of classes that will meet your individual needs and experience level.

BEGINNERS. Learn the basics in a very controlled, safe, and fun environment. The program is designed to effectively introduce all the basic positions, techniques, submissions, and escapes. The classes will prepare you for both self-defense and sport BJJ. It will also improve your fitness, balance, and coordination. Anyone can participate, regardless of gender, fitness level, body type, or age (13 or older).

INTERMEDIATE/ADVANCED. Designed for those who have practised BJJ for a while and have attained at least a 2nd degree white belt, this program will help you take off in your BJJ journey, begin sparring, and participate in tournaments if you choose. Here, you progress in a systematic fashion to improve your understanding, reflexes, and overall development in the sport.

NO-GI. No-Gi Jiu-Jitsu (or submission grappling) takes the same approach as BJJ, but without the advantage (or disadvantage) of a uniform to grab on to. In BJJ, the grips provided by the uniform allow for many judo-style throwing and submission techniques, while submission grappling take-downs resemble those of traditional wrestling. Grips also come into play on the ground. It is best to understand basic fundamentals of Jiu-Jitsu in order to properly excel in this class

OPEN MAT. Our open mat training is designed to allow students to work on specific trouble areas and practice newly learned techniques in a non-instructed format. This class allows members the opportunity to spar, drill, or analyse techniques and improve their Jiu-Jitsu Game. Open to all members of any belt rank or age.

KIDS BJJ 4 - 7 YEARS. We introduce our youngest kids to BJJ as well as help them develop agility, coordination, and respect for their peers and coach. It includes fun games and interactive drills that teach basic movements and beginner techniques, ensuring a strong foundation and better understanding of our art, while keeping it enjoyable.

KIDS BJJ 8 - 12 YEARS. Students build a strong foundation for basic techniques, improve their understanding of practice and improve their coordination, movement, and agility. Classes includes both beginner and fundamental techniques as well as an introduction to more advanced BJJ. Coordination drills, interactive games, and exploration of core concepts and ideas of the art of BJJ.