

Providing World Class instruction in:

- Brazilian Jiu Jitsu
- Kickboxing
- Judo
- Wrestling
- Mixed Martial Arts
- Women's Only Self Defense
- Kids Martial Arts

60% Military Discount

Only \$30.00 per month for any service member.

Discount will also apply to each family member.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 AM						Submission Wrestling	Private Training
12:00 PM						Open Mat	
5:00 PM		Kids Martial Arts			Kids Martial Arts		
6:00 PM	Jiu-Jitsu	Submission Wrestling	Jiu Jitsu	Jiu Jitsu	Jiu Jitsu		
7:30 PM	Women's Jiu Jitsu	Kickboxing	Women's Jiu Jitsu	Kickboxing			

2503 Lancaster Ave Wilmington DE 19805

Diamondstatebjj@gmail.com
Diamondstatebjj.com

302-275-1636