

## Smash Brazilian Jiu Jitsu - Spokane

spokane

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*spokane*

## *Smash Brazilian Jiu Jitsu - Spokane*

### **Discover the Benefits of SMASH Brazilian Jiu Jitsu in Spokane, Washington**

If you are looking for a **\*\*physical fitness program\*\*** that combines self-defense, personal growth, and a sense of community, look no further than SMASH Brazilian Jiu Jitsu in Spokane, Washington. This establishment stands out not only for its excellent instruction but also for its commitment to accessibility.

## **Accessibility for Everyone**

SMASH BJJ proudly offers a **\*\*wheelchair-accessible entrance\*\***, ensuring that individuals of all abilities can join the fun. The facility features a **\*\*wheelchair-accessible car park\*\***, making it easy for everyone to access the classes without hassle. This commitment to **\*\*accessibility\*\*** is reflected in the welcoming atmosphere that has drawn families from various backgrounds.

## **A Welcoming Environment for All Ages**

Many parents have shared their positive experiences with SMASH BJJ, particularly regarding how comfortable their children feel. One parent noted, "My son went to a trial class and loved it! I was so impressed with how well the professors worked with the kids." This sentiment is echoed by others who appreciate the patience and professionalism of the coaches, making every child feel at home on the mat.

## **Top-Notch Instruction**

The instruction at SMASH BJJ is designed to cater to all skill levels. Whether you are a beginner or have years of experience, you will find something valuable here. A satisfied student remarked, "Great place to learn the art of Brazilian Jiu Jitsu, whether you are young or old, new learner or experienced learner." The instructors, led by Professor Adam, are highly regarded for their dedication to teaching and fostering an encouraging environment for personal growth.

## **A Family Atmosphere**

What sets SMASH BJJ apart is its strong sense of community. Families like one with four daughters, who have been training for over two years, appreciate the supportive atmosphere: "Such a great group of coaches and teammates, and such an awesome family atmosphere!" This camaraderie makes it easier for students to develop self-discipline, build confidence, and enjoy their fitness journey together.

## **Join the SMASH Family Today!**

With a focus on rigorous education, safety, and encouragement, SMASH Brazilian Jiu Jitsu is an ideal place to start your martial arts journey. As one enthusiastic member put it, "Do yourself a favor and try a free class today!" Whether you are looking to learn self-defense, improve your physical fitness, or simply be part of a friendly community, SMASH BJJ welcomes you with open arms. In conclusion, SMASH Brazilian Jiu Jitsu in Spokane combines top-notch instruction with a commitment to accessibility and community. Parents and students alike praise the welcoming environment and the opportunity for personal growth. Take the first step towards enhancing your physical fitness and overall well-being by joining the SMASH family today!

## The business is situated at

10414 US-2, 99224 Spokane, Washington - United States (US)

The phone of the respective **Physical fitness program** is +1509-514-5000

And if you want to send a WhatsApp, you can do so at +1509-514-5000

## We look forward to seeing you at:

Day Hours

Monday  
5–8?PM

Tuesday

Closed

Wednesday

5–8?PM

Thursday

Closed

Friday

Closed

Saturday

Closed

Sunday

5–8?PM

The website is SMASH Brazilian Jiu Jitsu

If you require to adjust any element that you consider is not precise about this portal, please send a message and we will correct it as soon as possible. In advance thank you very much.

## Images



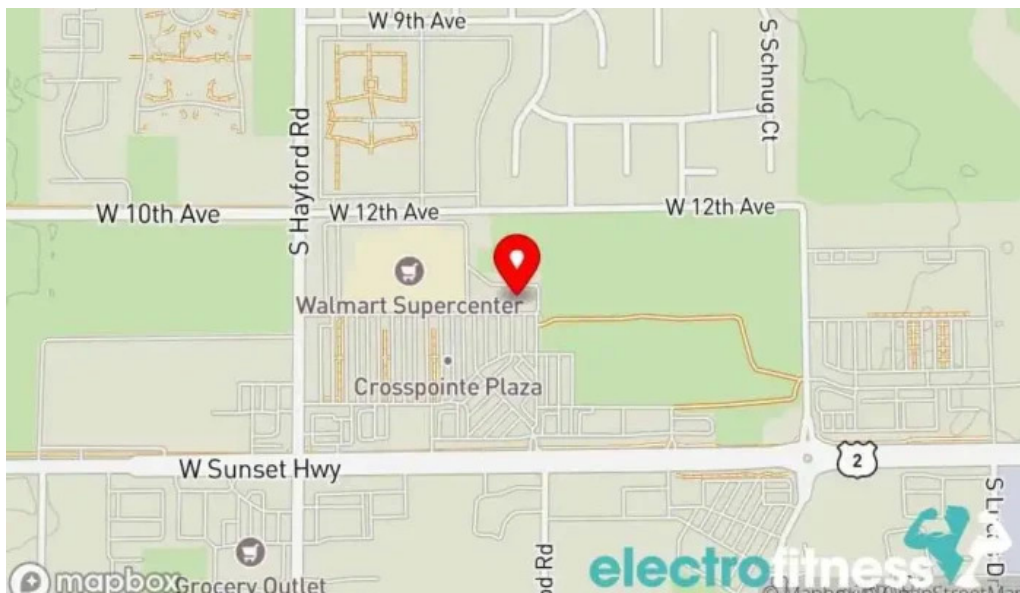
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## Tags

*Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park*

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basketball court
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boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
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country club
coworking space

cultural center
dance company
dance school
day spa
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
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fitness equipment wholesaler
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foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
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karate club
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kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist



medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
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swimming instructor

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weightlifting area
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