

OUR SCHEDULE

SUNDAY	MONDAY	TUESDAY 7:00-8:00 AM Gi & No Gi Jiu Jitsu	WEDNESDAY	THURSDAY 7:00-8:00 AM Gi & No Gi Jiu Jitsu	FRIDAY	SATURDAY
						10:30–12:00 PM FREE Kid's Pro Training
11:00-12:00 PN Women-Only Open Training	0 11:00-12:00 PM		11:00-12:00 PM Open Gym		11:00–12:00 PM Open Gym	11:00-12:00 PM FREE Kids Class
12:00-2:00 PM Open Mat	12:00-2:00 PM Pro Training (Free)	12:00–2:00 PM Pro Training (Members only)	12:00–2:00 PM Pro Training (Free)	12:00–2:00 PM Pro Training (Members only)	12:00–2:00 PM Pro Training (Free)	12:00-1:00 PM Jiu Jitsu Class
						1:00-2:00 PM Open Mat
	4:00-5:30 PM Kids Jiu Jitsu		4:00-5:30 PM Kids Jiu Jitsu			
	5:30-6:30 PM Foundation Program	5:30–6:30 PM Open Drilling	5:30-6:30 PM Foundation Program	5:30–6:30 PM Open Drilling	5:30-6:30 PM Self-Defense/ Foundation	
	6:30-8:00 PM Jiu Jitsu Class	6:30-8:00 PM Jiu Jitsu Class	6:30-8:00 PM Jiu Jitsu Class	6:30-8:00 PM Jiu Jitsu Class	6:30-8:00 PM Jiu Jitsu Class	
	8:00-9:30 PM Submission Grappling	8:00–9:30 PM Competition Class	8:00–9:30 PM Submission Grappling	8:00-9:30 PM Jiu Jitsu Class	8:00-9:30 PM Submission Grappling	
		9:30–10:30 PM Gi & No Gi Jiu Jitsu		9:30–10:30 PM Gi & No Gi Jiu Jitsu		