



OUR SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:00–8:30 AM Gi & No Gi Jiu Jitsu	7:00–8:30 AM Gi & No Gi Jiu Jitsu		7:00–8:30 AM Gi & No Gi Jiu Jitsu	7:30–9:00 AM Gi & No Gi Jiu Jitsu	
INTRODUCTION Lessons Available	11:00–12:00 PM Women-Only Open Training						11:00-12:00 PM Kids Super Class (3-14yo)
	12:00–2:00 PM Open Mat	12:00–2:30 PM Pro Training (Free)	12:00–2:30 PM Pro Training (Members only)	12:00–2:30 PM Pro Training (Free)	12:00–2:30 PM Pro Training (Members only)	12:00–2:30 PM Pro Training (Free)	12:00-2:00 PM Jiu Jitsu Class
		4:00-4:40 PM Kids Jitsu 4-8yo	4:00-4:40 PM Kids Jitsu 4-8yo	4:00-4:40 PM Kids Jitsu 4-8yo	4:00-4:40 PM Kids Jitsu 4-8yo		
		4:45-5:30 PM Kids Jitsu 9-14yo	4:45-5:30 PM Kids Jitsu 9-14yo	4:00–5:30 PM All-Ages Wrestling	4:45-5:30 PM Kids Jitsu 9-14yo		
INTRODUCTION Lessons Available		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 White Belt Only Jiu Jitsu Class	
		6:30–8:30 PM Jiu Jitsu Class	6:30–8:00 PM Jiu Jitsu Class	6:30–8:30 PM Jiu Jitsu Class	6:30–8:00 PM Jiu Jitsu Class	6:30–8:00 PM Submission Grappling	
	8:30–10:00 PM Submission Grappling	8:00–9:30 PM Competition Class		8:30–10:00 PM Submission Grappling	8:00–9:30 PM Jiu Jitsu Class	8:00–9:30 PM Jiu Jitsu Class	
		9:30–10:30 PM Gi & No Gi Jiu Jitsu			9:30–10:30 PM Gi & No Gi Jiu Jitsu		