



	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00am - 9:30am	ADULT JIU JITSU ALL LEVELS	ADULT JIU JITSU ALL LEVELS	ADULT JIU JITSU ALL LEVELS	ADULT JIU JITSU ALL LEVELS	ADULT JIU JITSU ALL LEVELS		
11:00am - 12:00pm						ADULT JIU JITSU ALL LEVELS	
12:00pm - 1:30pm						OPEN MAT	
12:00pm - 2:00pm		ADULT JIU JITSU ALL LEVELS		ADULT JIU JITSU ALL LEVELS			
3:45pm - 4:30pm	YOUTH JIU JITSU AGES 4-8	YOUTH JIU JITSU AGES 4-8	YOUTH JIU JITSU AGES 4-8	YOUTH JIU JITSU AGES 4-8			
4:30pm - 5:30pm	YOUTH JIU JITSU AGES 9-15	YOUTH JIU JITSU AGES 9-15	YOUTH JIU JITSU AGES 9-15	YOUTH JIU JITSU AGES 9-15			
5:30pm - 6:30pm	ADULT JIU JITSU FUNDAMENTALS	ADULT JIU JITSU FUNDAMENTALS	ADULT JIU JITSU FUNDAMENTALS	ADULT JIU JITSU FUNDAMENTALS			
6:00pm - 8:00pm					ADULT JIU JITSU ALL LEVELS		
6:30pm - 8:30pm	ADULT JIU JITSU ALL LEVELS	ADULT JIU JITSU ALL LEVELS	ADULT JIU JITSU ALL LEVELS	ADULT JIU JITSU ALL LEVELS			

10th Planet Poway Jiu Jitsu

14009 Midland Rd Poway, CA 92064

(858) 330-1101 | 10thplanetpoway.com | 10thplanetpoway@gmail.com