

FULL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-8:15AM	ALL LEVELS Jiu Jitsu	ALL LEVELS Jiu Jitsu	ALL LEVELS Jiu Jitsu	ALL LEVELS Jiu Jitsu	ALL LEVELS Jiu Jitsu	
11-12PM						KIDS & PARENTS
11:15-12PM	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING	
12-1:30PM						ALL LEVELS Jiu Jitsu
4-4:45PM	KIDS JJ 5-8yo	KIDS JJ 5-8yo	KIDS JJ 5-8yo	KIDS JJ 5-8yo	KIDS JJ 5-8yo	
4:45-5:45PM	KIDS JJ 9-11yo	KIDS JJ 9-11yo	KIDS JJ 9-11yo	KIDS JJ 9-11yo	KIDS JJ 9-11yo	
6-7:30PM	FUNDAMENTALS Jiu Jitsu	FUNDAMENTALS Jiu Jitsu	FUNDAMENTALS Jiu Jitsu	FUNDAMENTALS Jiu Jitsu	ALL LEVELS Jiu Jitsu	
7:30-9PM	ALL LEVELS Jiu Jitsu	COMPETITION TRAINING	ALL LEVELS Jiu Jitsu	COMMUNITY OPEN MAT		