



ROYAL JIU JITSU SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM - 7AM	FUNDAMENTALS	EXECUTIVE	FUNDAMENTALS	EXECUTIVE			
10AM - 11AM						KIDS PROGRAM MIX	
11AM - 12PM						FUNDAMENTALS	WOMEN'S CLASS
12AM - 1PM	ADVANCED		ADVANCED NO GI		ADVANCED	OPEN MAT	OPEN MAT
4:15PM - 5PM		LITTLE CHAMPIONS 3-5		LITTLE CHAMPIONS 3-5			
5PM - 6PM	KIDS PROGRAM 8-14	KIDS PROGRAM 5-7	KIDS PROGRAM 8-14	KIDS PROGRAM 5-7			
6PM - 7PM	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS		
7PM - 8:15PM	ADVANCED	ADVANCED NO GI	ADVANCED	ADVANCED NO GI	ADVANCED		
8:30PM - 9:30PM	FUNDAMENTALS		FUNDAMENTALS				

****TRIAL CLASSE WILL BE HELD DURING FUNDAMENTALS CLASS***

**** SATURDAY KIDS CLASS AGES 5 - 14***

****SUNDAY ALL CLASSES ARE FREE***

****EXECUTIVE CLASS ALL LEVELS WELCOMED***