

SCHEDULE JIU-JITSU

MONDAY

6:30 am Intermediate
10:00 am Beginner/Intermediate
11:00 am Advanced
6:00 pm Advanced
7:30 pm Beginner/Intermediate

TUESDAY

6:30 am Beginner
11:00 am Conditioning
12:00 pm Advanced (no gi)
6:00 pm Beginner/Intermediate
7:00 pm Advanced

WEDNESDAY

6:30 am Intermediate
10:00 am Beginner/Intermediate
11:00 am Advanced
6:00 pm Advanced (no gi)
7:30 pm Beginner/Intermediate

THURSDAY

6:30 am Beginner
10:00 am Conditioning
11:00 am Competition Class (gi)
12:00 pm Advanced (no gi)
6:00 pm Beginner/Intermediate
7:00 pm Advanced

FRIDAY

6:30 am Intermediate (no gi)
10:00 am Beginner/Intermediate
11:00 am Advanced
6:00 pm Beginner/Intermediate

SATURDAY

11:00 am Open Mat

SCHEDULE JIU-JITSU FOR KIDS

MONDAY

4:15-5:00 pm 4-6
5:00-6:00 pm 7-14

TUESDAY

5:00-6:00 pm 7-14

WEDNESDAY

5:00-6:00 pm 7-14

THURSDAY

4:15-5:00 pm 4-6
5:00-6:00 pm 7-14

FRIDAY

SATURDAY

10:00-11:00 am 7-14