ANIMUS
GRAPPLING
JIU JITSU & SELF DEFENSE

CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
	6:00 AM ALL LEVELS		6:00 AM ALL LEVELS		9:00 AM MIGHTY MITE PEE-WEE	9:00 AM ALL LEVELS
12:00 PM ALL LEVELS		12:00 PM ALL LEVELS		12:00 PM ALL LEVELS	10:00 AM ALL LEVELS	11:00AM WOMEN ALL LEVELS
	3:30PM LITTLE ROLLERS			3:30PM LITTLE ROLLERS		
4:00 PM MIGHTY MITE	4:00 PM MIGHTY MITE	4:00 PM MIGHTY MITE	4:00 PM MIGHTY MITE	4:00 PM MIGHTY MITE		
5:10 PM PEE-WEES/ JUNIORS	5:10 PM PEE-WEES/ JUNIORS	5:10 PM PEE-WEES/ JUNIORS	5:10 PM PEE-WEES/ JUNIORS	5:10 pm 6-12 year old COMPETITION CLASS		
6:10 PM FOUNDATIONS	6:10 PM FOUNDATIONS NO GI	6:10 PM FOUNDATIONS	6:10 PM FOUNDATIONS	6:30 PM OPEN MAT		
7:10 PM ADVANCED	7:10 PM NO GI ADVANCED	7:10 PM COMPETITION CLASS	7:10 PM NO GI ADVANCED			

- LITTLE ROLLERS 3-4 Years Old
- MIGHTY MITE 4-7 Years Old
- PEE-WEES 7-9 Years Old
- JUNIORS 10-12 Years Old
- ADULTS/TEENS - FOUNDATIONS
- ADVANCED- White Belt 3 Stripes +
- Females- All Levels