

# House of Jiu Jitsu Training Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00- 7:00 Mat 1	Early Bird BJJ	Early Bird BJJ	Early Bird BJJ	Early Bird BJJ			
10:00- 11:30 Mat 1	Morning MMA	Morning MMA	Morning MMA	Morning MMA			
11:30- 12:30 Mat 1	Lunch Break BJJ	Lunch Break BJJ	Lunch Break BJJ	Lunch Break BJJ	Lunch Break BJJ	Beginner BJJ	Open Mat 11am-1pm
11:30- 12:30 Mat 4		Boxing		Boxing		No Gi	
11:30- 1:30 Mat 4						TKD Nationals Team	
2:00- 4:00 Mat 1						TKD Advanced/Black Belt	
4:00- 5:00	Reserved for Private Lessons					TKD Demo Team	
5:00- 6:00 Mat 1	Kids BJJ (ages 7-12)	Kids BJJ (ages 7-12)	Kids BJJ (ages 7-12)	Kids BJJ (ages 7-12)			
5:00- 6:00 Mat 2	Kids BJJ (ages 4-6)	Kids BJJ (ages 4-6)	Kids BJJ (ages 4-6)	Kids BJJ (ages 4-6)			
5:00- 6:00 Mat 3		TKD Kids BEG/INT		TKD Kids BEG/INT			
5:00- 6:00 Mat 4	Boxing	Boxing	Boxing	Boxing			
5:30- 6:30 Mat 3	Hapkido/Kumdo		Hapkido/Kumdo				
6:00- 7:00 Mat 1					No Gi		
6:00- 7:30 Mat 3		*Taekwondo Kids Comp		*Taekwondo Kids Comp			
6:15- 7:15 Mat 1	Adult BJJ	Adult BJJ	Adult BJJ	Adult BJJ			
6:15- 7:15 Mat 2	Beginner BJJ	Muay Thai	Beginner BJJ	Muay Thai			
6:15- 7:15 Mat 4	Muay Thai	Kids Muay Thai	Muay Thai	Kids Muay Thai			
6:30- 7:30 Mat 1	Taekwondo Adult/Teen		Taekwondo Adult/Teen				
7:00- 8:30 Mat 2					MMA Sparring		
7:30- 8:30 Mat 1	No Gi	No Gi	No Gi	No Gi			
7:30- 8:30 Mat 3	*TKD Adult/Teen Comp	MMA	*TKD Adult/Teen Comp	MMA			
7:30- 8:30 Mat 4	MMA		MMA				
8:30- 9:30 Mat 1	Late Night BJJ	Late Night BJJ	Late Night BJJ	Late Night BJJ			

Adult BJJ/ Early Bird BJJ/ Late Night BJJ: All level adult Jiu Jitsu class

Boxing: All Levels Boxing class focusing on striking and conditioning

Muay Thai: Stand up striking & kicking with clinch work, similar to kickboxing

Kids BJJ: All level kids Jiu Jitsu classes. Classes are separated based on age and size of child

No Gi: All level adult classes without the traditional Jiu Jitsu Gi

Judo: Japanese martial art using throws and holds against opponent

Beginner BJJ/ Muay Thai: 5 week onboarding program for new HOJ members. Focuses on basic movements, terminology, and safety

**\*indicates 90 minute class**

Our coaches do private lessons! Please contact the coach directly for scheduling and lesson pricing!

www.hojsatx.com

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