

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				
9:00- 10:00	Mat 1							RSVD: MMA	
10:00- 11:00	Mat 1	MMA Pro Training	MMA Pro Training	MMA Pro Training	MMA Pro Training			Pro Sparring	
10:30- 11:30	Mat 1							Judo	
11:00- 12:00	Mat 4	Muay Thai	Muay Thai	Muay Thai	Muay Thai				Open Mat 11am-1pm
11:30- 12:30	Mat 1							Beginner BJJ	
11:30- 12:30	Mat 2							No Gi	
11:30- 12:30	Mat 3							Kids Judo (Ages 7+)	
12:15- 1:15	Mat 1	Lunch Break BJJ	Lunch Break BJJ	Lunch Break BJJ	Lunch Break BJJ	Lunch Break BJJ			
1:30- 4:30									
4:00- 5:00		Reserved for Private Lessons							
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 4	Boxing	Boxing	Boxing	Boxing				
6:15- 7:15	Mat 1	Adult BJJ	Adult BJJ	Adult BJJ	Adult BJJ	No Gi			
6:15- 7:15	Mat 2	Beginner BJJ	Kids Judo	Beginner BJJ	Kids Judo	MMA Sparring			
6:15- 7:15	Mat 3		Kids Muay Thai		Kids Muay Thai				
6:15- 7:15	Mat 4	Muay Thai	Muay Thai	Muay Thai	Muay Thai				
7:30- 8:30	Mat 1	Judo Fundamentals	Judo	Judo Fundamentals	Judo				
7:30- 8:30	Mat 2	No Gi	No Gi	No Gi	No Gi				
7:30- 8:30	Mat 3		All Levels MMA		All Levels MMA				
7:30- 8:30	Mat 4	All Levels MMA	Beg. Muay Thai	All Levels MMA	Beg. Muay Thai				
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

MMA Pro Training: REQUIRES INSTRUCTOR APPROVAL

Advanced MMA Striking: REQUIRES INSTRUCTOR APPROVAL

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

www.hojsatx.com

(210)386-0780

houseofjiujitsusatx@outlook.com

