

House of Jiu Jitsu Training Schedule

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00- 7:30	Mat 1	Early Bird BJJ	Early Bird BJJ	Early Bird BJJ	Early Bird BJJ				
7:30- 9:30									
9:30- 11:00							RSVD: *MMA Pro Training		
10:00- 11:00	Mat 1	MMA		MMA					
10:30- 11:30	Mat 1						Judo/Sambo		
11:00- 12:00	Mat 3	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 2						Kids Judo (Ages 7+)		
12:15- 1:15	Mat 1	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)	Kids Muay Thai			
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)				
6:15- 7:15	Mat 1	Adult BJJ	Adult BJJ	Adult BJJ	Adult BJJ	No Gi Comp Class			
6:15- 7:15	Mat 2	Beginner BJJ		Beginner BJJ					
6:15- 7:15	Mat 2		Kids No Gi		Kids No Gi				
7:30- 8:30	Mat 1	Fundamentals BJJ	Fundamentals BJJ	Fundamentals BJJ	Fundamentals BJJ				
7:30- 8:30	Mat 2	Sambo	Judo	Sambo	Judo				
7:30- 8:30	Mat 2	No Gi	No Gi	No Gi	No Gi				
7:30- 8:30	Mat 3	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Wrestling			
8:30- 9:30	Mat 1	Late Night BJJ	Late Night BJJ	Late Night BJJ	Late Night BJJ				
8:30- 9:30	Mat 2/3	MMA	MMA	MMA	MMA				

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

Fundamental BJJ: Expands on Beginner BJJ class developing sound fundamentals. Appropriate for 2-4 stripe white belts.

No Gi Comp. Class: Focuses on increased intensity drilling, faster paced class recommended to be 3 stripe white belt and up

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

MMA: All levels adult mixed martial arts class. ***MMA Pro Training requires instructor approval.**

Beginner BJJ: 5 week program for new HOJ members (2 stripe white belt and lower)

Sambo: Ground fighting and grappling aspects of judo and wrestling with the use of standing fighting techniques.

MMA Pro Training: Advanced level sparring. Must have fight experience and/or instructor approval to attend

www.hojsatx.com

(210)386-0780

houseofjiujitsusatx@outlook.com

