

House of Jiu Jitsu Training Schedule

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00	Mat 1	Early Bird BJJ	Early Bird No Gi	Early Bird BJJ	Early Bird No Gi	Early Bird BJJ		
11:30 - 12:30	Mat 1	Lunch BJJ	Lunch No Gi	Lunch BJJ	Lunch No Gi	Lunch BJJ	Advanced No Gi	Open Mat 11am-1pm
11:30 - 12:30	Mat 2						Beginner BJJ	
11:30 - 12:30	Mat 4	Lunch Muay Thai	Lunch Muay Thai	Lunch Muay Thai	Lunch Muay Thai			
12:30 - 1:30	Mat 2	Pro MMA		Pro MMA		MMA	Wrestling	
4:00 - 5:00		Reserved for Private Lessons						
5:00 - 6:00	Mat 1	Kids BJJ (ages 7-12)	Kids No Gi (ages 7-12)	Kids BJJ (ages 7-12)	Kids No Gi (ages 7-12)			
5:00 - 6:00	Mat 2	Kids BJJ (ages 4-6)	Kids No Gi (ages 4-6)	Kids BJJ (ages 4-6)	Kids No Gi (ages 4-6)	Kids BJJ COMP (11yrs+)		
5:00 - 6:00	Mat 3					Womans Only BJJ		
5:00 - 6:00	Mat 4	Boxing Basics	Boxing Basics	Boxing Basics	Boxing Basics			
6:15 - 7:15	Mat 1	Adult BJJ	Adult BJJ	Adult BJJ	Adult BJJ			
6:15 - 7:15	Mat 2	Beginner BJJ		Beginner BJJ		Fundamental No Gi		
6:15 - 7:15	Mat 4	Kids Muay Thai		Kids Wrestling				
6:30 - 7:30	Mat 1	MMA all levels	MMA all levels	MMA all levels	MMA all levels			
7:30 - 8:30	Mat 2		Fundamental BJJ	Adult Wrestling	Fundamental BJJ			
7:30 - 8:30	Mat 1	No Gi	No Gi	No Gi	No Gi	Pro MMA Sparring		
7:30 - 8:30	Mat 3							
7:30 - 8:30	Mat 4	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
8:30 - 9:30	Mat 1	Adult Wrestling		Late Night BJJ				

www.hojsatx.com

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Membership Options:

Unlimited: Full Access to classes, no limit on attendance

Grappling Only: Access to BJJ, No Gi, and Wrestling classes, no limit on attendance

Striking Only: Access to Boxing and Muay Thai classes. Limited access to certain MMA classes

Kids Memberships: Unlimited access to Kids BJJ, Wrestling, and Muay Thai classes

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