

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 | Pro MMA | Pro MMA | Pro MMA | Pro MMA | | | |
| 11:30- 12:30 Mat 1 | Lunch Break BJJ | Lunch Break BJJ | Lunch Break BJJ | Lunch Break BJJ | Lunch Break BJJ | Nogi Advanced | Open Mat 11am-1pm |
| 11:30- 12:30 Mat 2 | | | | | | Beginner BJJ | |
| 11:30- 1:30 Mat 4 | | | | | | TKD Nationals Team | |
| 12:30-1:30 Mat 1 | | | | | | Wrestling all ages | |
| 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 Basics | Boxing Basics | Boxing Basics | Boxing Basics | | | |
| 5:30- 6:30 Mat 3 | Hapkido/Kumdo | | Hapkido/Kumdo | | | | |
| 6:00- 7:00 Mat 1 | | | | | | | |
| 6:00- 7:00 Mat 3 | | *Taekwondo Kids Comp | | *Taekwondo Kids Comp | Nogi Comp | | |
| 6:15- 7:15 Mat 1 | Adult BJJ | Adult BJJ | Adult BJJ | Adult BJJ | | | |
| 6:15- 7:15 Mat 2 | Beginner BJJ | MMA | Beginner BJJ | MMA | | | |
| 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 | | *TKD Adult/Teen Comp | | | | |
| 7:30- 8:30 Mat 4 | MMA | Muay Thai | MMA | 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

***indicates 90 minute class**

Our coaches do private lessons! Please contact the coach

www.hojsatx.com

(210)386-0780

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directly for scheduling and lesson pricing!

