

House of Jiu Jitsu Training Schedule

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 - 7:00	Mat 1	Early Bird BJJ	Early Bird Nogi	Early Bird BJJ	Early Bird Nogi	Early Bird BJJ			
10:00 - 11:00	Mat 1	Pro MMA	Pro MMA	Pro MMA	Pro MMA				
11:30 - 12:30	Mat 1	Lunch BJJ	Lunch Nogi	Lunch BJJ	Lunch Nogi	Lunch BJJ	Nogi Advanced	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 1						Wrestling all ages		
2:00 - 4:00	Mat 1								
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 3					Womans Only BJJ			
5:00 - 6:00	Mat 4	Boxing Basics	Boxing Basics	Boxing Basics	Boxing Basics	Teens BJJ			
5:30 - 6:30	Mat 3								
6:00 - 7:00	Mat 1								
6:00 - 7:00	Mat 3								
6:15 - 7:15	Mat 1	Adult BJJ	Adult BJJ	Adult BJJ	Adult BJJ				
6:15 - 7:15	Mat 2	Beginner BJJ		Beginner BJJ	kids comp w/prof	Nogi Basics - Leg locks			
6:15 - 7:15	Mat 3	Kids Wrestling	Kids Muay Thai	Kids Wrestling	Kids Muay Thai				
6:30 - 7:30	Mat 4	MMA all levels		MMA all levels					
6:30 - 7:30	Mat 1								
7:30 - 8:30	Mat 2		MMA all levels	Adult Wrestling	MMA all levels				
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	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

*indicates 90 minute class

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

www.hojsatx.com

(210)386-0780

houseofjiujitsusatx@outlook.com

