

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)	TKD Advanced/Black Belt		
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	TKD Kids BEG/INT	TKD Kids BEG/INT	Womans Only BJJ		
5:00 - 6:00	Mat 4	Boxing Basics	Boxing Basics	Boxing Basics	Boxing Basics	Kids BJJ Comp		
5:30 - 6:30	Mat 3							
6:00 - 7:00	Mat 1							
6:00 - 7:00	Mat 3					Hapkido & Kumdo		
6:15 - 7:15	Mat 1	Adult BJJ	Adult BJJ	Adult BJJ	Adult BJJ			
6:15 - 7:15	Mat 2	Beginner BJJ		Beginner BJJ		Nogi Basics - Leg locks		
6:15 - 7:15	Mat 4		Kids Muay Thai	Kids Wrestling	Kids Muay Thai			
6:30 - 7:30	Mat 1	MMA all levels	MMA all levels	MMA all levels	MMA all levels			
6:30 - 7:30	Mat 1	Taekwondo Adult/Teen	Taekwondo Kids Comp	Taekwondo Adult/Teen	Taekwondo Kids Comp			
7:15 - 8:30	Mat 2							
7:30 - 8:30	Mat 1	No Gi	No Gi	No Gi	No Gi	Pro MMA Sparring		
7:30 - 8:30	Mat 3	*TKD Adult/Teen Comp	Hapkido & Kumdo	*TKD Adult/Teen Comp	Hapkido & Kumdo			
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

