

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				
7:00									
8:00									
9:00- 11:00							RSVD: *MMA Pro Training		
10:30- 11:30	Mat 1						Judo/Sambo		
11:00- 12:00	Mat 2		Lunch MMA		Lunch MMA			Open Mat 11am-1pm	
11:30- 12:30	Mat 1						No Gi		
11:30- 12:30	Mat 2						Kids No Gi (ages 4-6)		
12:15- 1:15	Mat 1	Lunch Break BJJ	Lunch Break BJJ	Lunch Break BJJ	Lunch Break BJJ				
1:00									
2:00									
3:00									
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 No Gi (ages 7+)			
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	BJJ Comp Class			
6:15- 7:15	Mat 2	Kids Kickboxing	Kids Wrestling	Kids Kickboxing	Kids Wrestling	Kids Kickboxing			
7:30- 8:30	Mat 1	Beginner BJJ	Beginner BJJ	Beginner BJJ	Beginner 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	Wrestling	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

Beginner BJJ: Fundamental BJJ for first day white belts to blue belts

BJJ Comp. Class: Focuses on increased intensity drilling, faster paced class recommended to be 2 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

Kids No Gi: All level combined age kids class

Judo: Japanese martial art using throws and holds against opponent

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

Kids Kickboxing: All level kids striking and kicking class

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

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