

Monday

Tuesday

Wed

Thursday

Friday

Saturday

Sunday

Women's Jitz Fit
10:30-11:15

Women's Jitz Fit
10:30-11:15

Adult
Open Mat
10:00-11:00AM

Kids Class
Ages 5-8
11:00-11:45AM

Kids Class
Ages 8-12
12:00-12:45PM

No-Gi
Adult Class
12:00-1:00PM

Adult Class
12:00-1:00PM

Adult Class
12:00-1:00PM

40+ Adult Class
1:00-1:45PM

No-Gi Kids Class
Ages 5-8
5:00-5:45PM

Kids Class
Ages 5-8
5:00-5:45PM

Kids Class
Ages 5-8
5:00-5:45PM

No-Gi Kids Class
Ages 8-12
6:00-6:45PM

Kids Class
Ages 8-12
6:00-6:45PM

Kids Class
Ages 8-12
6:00-6:45PM

No-Gi
Adult Class
7:00-8:00PM

Adult Class
7:00-8:00PM

Adult Class
7:00-8:00PM