

WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM-10:00AM		ADULT JIU-JITSU		ADULT JIU-JITSU		COMPETITIVE CLASS
10:00AM-11:00AM						JUST US TWO
11:00AM-1:00PM						GI ADULT OPEN MAT
4:30PM-5:15PM	LITTLES JIU-JITSU	KID'S JIU-JITSU	LITTLES JIU-JITSU	KID'S JIU-JITSU		
5:15PM-6:00PM	KID'S JIU-JITSU	KID'S JIU-JITSU	NO-GI KID'S JIU-JITSU	KID'S JIU-JITSU	KID'S JIU-JITSU	
6:00PM-7:00PM					NO-GI OPEN MAT	
6:15PM-7:00PM	TEEN'S JIU-JITSU	TEEN'S JIU-JITSU	NO-GI TEEN'S JIU-JITSU	TEEN'S JIU-JITSU		
7:00PM-8:00PM					JUST US TWO JIU-JITSU	
7:15PM-8:30PM	ADULT JIU-JITSU	ADULT JIU-JITSU	NO-GI ADULT JIU-JITSU	ADULT JIU-JITSU		

LITTLES JIU-JITSU
3 to 5 years old

KID'S JIU-JITSU
6 to 10 years old

TEENS JIU-JITSU
11 to 15 years old

ADULTS JIU-JITSU
16 + years old