

EST.2016



WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM-10:00AM						COMPETITIVE CLASS
10AM-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		
4:45PM-5:30PM					KID'S & TEEN'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		
5:30PM-7:00PM					NO-GI ADULT OPEN MAT	
6:15PM-7:00PM	TEEN'S JIU-JITSU	TEEN'S JIU-JITSU	NO-GI TEEN'S JIU-JITSU	TEEN'S JIU-JITSU		
7:00-8:00PM					JUST US TWO JIU-JITSU	
7:15PM-8:30PM	ADULT JIU-JITSU	ADULT JIU-JITSU	NO-GI ADULT JIU-JITSU	ADULT JIU-JITSU		