



JIU-JITSU
MONDAY

4:30 PM - 5:15 PM	LITTLES WITH GI
5:15 PM - 6:00 PM	KID'S JIU-JITSU
6:00 PM - 7:00 PM	TEEN'S JIU-JITSU
7:15 PM - 8:30 PM	ADULT'S JIU-JITSU

LITTLES	KID'S	TEENS	ADULTS
3 TO 5	6 TO 10	11 TO 15	16+

WE ARE STRONG TOGETHER



JIU-JITSU
TUESDAY

9:00 AM - 10:00 AM	ADULTS JIU-JITSU
4:30 PM - 5:15 PM	KID'S JIU-JITSU 1
5:15 PM - 6:00 PM	KID'S JIU-JITSU 2
6:00 PM - 7:00 PM	TEENS JIU-JITSU
7:15 PM - 8:30 PM	ADULTS JIU-JITSU

LITTLES	KID'S	TEENS	ADULTS
3 TO 5	6 TO 10	11 TO 15	16+

WE ARE STRONG TOGETHER



JIU-JITSU
WEDNESDAY

4:30 PM - 5:15 PM	LITTLES WITH GI
5:15 PM - 6:00 PM	KID'S NO GI JIU-JITSU
6:00 PM - 7:00 PM	TEEN'S NO-GI JIU-JITSU
7:15 PM - 8:30 PM	ADULT'S NO-GI JIU-JITSU

LITTLES	KID'S	TEENS	ADULTS
3 TO 5	6 TO 10	11 TO 15	16+

WE ARE STRONG TOGETHER



JIU-JITSU
THURSDAY

9:00 AM - 10:00 AM	ADULT'S JIU-JITSU
4:30 PM - 5:15 PM	KID'S JIU-JITSU 1
5:15 PM - 6:00 PM	KID'S JIU-JITSU 2
6:00 PM - 7:00 PM	TEENS JIU-JITSU
7:15 PM - 8:30 PM	ADULTS JIU-JITSU

LITTLES	KID'S	TEENS	ADULTS
3 TO 5	6 TO 10	11 TO 15	16+

WE ARE STRONG TOGETHER



JIU-JITSU
FRIDAY

5:15 PM - 6:00 PM	KID'S GI JIU-JITSU
6:00 PM - 7:00 PM	OPEN MAT NO-GI
7:00 PM - 8:30 PM	JUST US TWO JIU-JITSU

LITTLES	KID'S	TEENS	ADULTS
3 TO 5	6 TO 10	11 TO 15	16+

WE ARE STRONG TOGETHER



JIU-JITSU
SATURDAY

9:00 AM - 10:00 AM	KID'S GI JIU-JITSU
10:00 AM - 11:00 AM	JUST US TWO JIU-JITSU
11:00 AM - 1:00 PM	OPEN MAT

LITTLES	KID'S	TEENS	ADULTS
3 TO 5	6 TO 10	11 TO 15	16+

WE ARE STRONG TOGETHER