



GRAVITY LAB JIU JITSU

CLASS SCHEDULE



MONDAY	Adult Jiu Jitsu (Gi) 11:00 AM – 12:15 PM Little Warriors Gi - Ages 4–7 3:00 – 3:45 PM Big Warriors Gi - Ages 8–12 3:45 – 4:45 PM Adult Jiu Jitsu (No-Gi) 7:15 – 8:15 PM
TUESDAY	Adult Jiu Jitsu (No-Gi) 11:00 AM – 12:15 PM Adult Jiu Jitsu (No-Gi) 6:30 – 8:00 PM
WEDNESDAY	Adult Jiu Jitsu (Gi) 11:00 AM – 12:15 PM Little Warriors No-Gi - Ages 4–7 3:00 – 3:45 PM Big Warriors No-Gi - Ages 8–12 3:45 – 4:45 PM Adult Jiu Jitsu (Gi) 7:15 – 8:15 PM
THURSDAY	Adult Jiu Jitsu (No-Gi) 11:00 AM – 12:15 PM Adult Jiu Jitsu (No-Gi) 6:30 – 8:00 PM
FRIDAY	Adult Jiu Jitsu (No-Gi) 11:00 AM – 12:00 PM Little Warriors No-Gi - Ages 4–7 3:00 – 3:45 PM Big Warriors No-Gi - Ages 8–12 3:45 – 4:45 PM Adult Jiu Jitsu (Gi) 7:15 – 8:15 PM
SATURDAY	Wrestling Open Mat 11:15 AM – 12:00 PM Jiu Jitsu Open Mat (All Ages) 12:15 – 1:15 PM Fundamentals No-Gi & Gi - Ages 10+ 1:15 – 2:15 PM All Warriors (No-Gi & Gi) 2:15 – 3:30 PM
SUNDAY	Adult Competition Class 12:00 – 1:00 PM All Warriors (No-Gi & Gi) 1:00 – 2:15 PM