

(971) 353-1417

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CHECKMAT PORTLAND
JIU JITSU ACADEMY



450 NW 257th Way #354
Troutdale, OR 97060

TIME	MON	TUE	WED	THU	FRI	SAT
8:10 AM		Adults Teens All Levels Gi		Adults Teens All Levels Gi		
10:00 AM		Homeschool Jiu Jitsu Coming soon! ages 6-12		Homeschool Jiu Jitsu Coming soon! ages 6-12		
11:00 AM						Adults Teens Kids 7+ All Levels Gi
12:00 PM						Adults Teens Open Mat
4:00 PM		Littles BJJ - NoGi ages 4-6		Littles BJJ - NoGi ages 4-6		
4:30 PM	Littles BJJ - Gi ages 4-6	Kids BJJ - NoGi ages 7-12	Littles BJJ - Gi ages 4-6	Kids BJJ - NoGi ages 7-12		
5:10 PM	Kids BJJ - Gi ages 7-12		Kids BJJ - Gi ages 7-12		Kids BJJ - Gi ages 7-12	
5:30 PM		Teens BJJ - Gi ages 13-15		Teens BJJ - Gi ages 13-15		
6:10 PM	Adults Beginners Jiu Jitsu - Gi Learners Mindset		Adults Beginners Jiu Jitsu - Gi Learners Mindset		Adults Teens All Levels Gi	
6:30 PM		Adults Grappling NoGi		Adults Grappling NoGi		
7:10 PM	Adults Int. Jiu Jitsu - Gi Bulletproof Mindset		Adults Int. Jiu Jitsu - Gi Bulletproof Mindset		Adults Teens Open Mat	
7:30 PM		Adults Teens Kickboxing		Adults Teens Kickboxing		