



2026 GENERAL CLASS SCHEDULE

GRAPPLING PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
4:45-5:30pm		LITTLES JIU JITSU 3-5 YRS		NO-GI LITTLES JIU JITSU 3-5 YRS	LITTLES JIU JITSU 3-5 YRS	*COMPETITION TRAINING
5:30-6:30pm BACK ROOM	KIDS JIU JITSU 6-12 YRS	NO-GI KIDS JIU JITSU 6-12 YRS	KIDS JIU JITSU 6-12 YRS	NO-GI KIDS JIU JITSU 6-12 YRS	KIDS JIU JITSU 6-12 YRS	
6:30-7:30PM BACK ROOM	ADULT JIU JITSU 13+ YRS	NO-GI ADULT JIU JITSU 13+ YRS	ADULT JIU JITSU 13+ YRS	NO-GI ADULT JIU JITSU 13+ YRS	ADULT JIU JITSU 13+ YRS	
7:30PM	SPARRING CLASS					