

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Adult Jiu-jitsu Fundamentals-Level 2 (All Levels) 8:00 AM-9:00 AM	Private Classes By Appointment	Adult Jiu-jitsu Fundamentals-Level 1 (All Levels) 8:00 AM-9:00 AM	Private Classes By Appointment	Adult Jiu-jitsu Mastery (Advanced) 8:00 AM-9:30 AM	Juniors Jiu-jitsu Sparring Class (Ages 5-13) 9:00 AM-9:45 AM	Private Classes By Appointment	
Adult Jiu-jitsu Open Training 9:00 AM-10:00 AM		Adult Jiu-jitsu Open Training 9:00 AM-10:00 AM					Adult Jiu-jitsu Open Training 10:00 AM-11:30 AM
Private Classes By Appointment		Private Classes By Appointment					Private Classes By Appointment
Women's Only Jiu-jitsu 6:00 PM-6:45 PM	Juniors Jiu-jitsu 1 (Ages 5-8) 4:45 PM-5:30 PM	Juniors Jiu-jitsu 1 (Ages 5-8) 4:45 PM-5:30 PM	Juniors Jiu-jitsu 1 (Ages 5-8) 4:45 PM-5:30 PM	Private Classes By Appointment	Private Classes By Appointment		
Adult Jiu-jitsu Fundamentals-Level 2 (All Levels) 7:00 PM-8:00 PM	Juniors Jiu-jitsu 2 (Ages 9-13) 5:45 PM-6:45 PM	Juniors Jiu-jitsu Advanced (Ages 9-13) 5:45 PM-6:45 PM	Juniors Jiu-jitsu 2 (Ages 9-13) 5:45 PM-6:45 PM				
Adult Jiu-jitsu Open Training 8:00 PM-9:00 PM	Adult Jiu-jitsu Fundamentals-Level 1 (All Levels) 7:00 PM-8:00 PM	Adult Jiu-jitsu Fundamentals-Level 2 (All Levels) 7:00 PM-8:00 PM	Adult Jiu-jitsu Fundamentals-Level 1 (All Levels) 7:00 PM-8:00 PM				Adult Jiu-jitsu Mastery (Advanced) 6:30 PM-8:00 PM
	Adult Jiu-jitsu Sparring Class (All Levels) 8:00 PM-8:45 PM	Adult Jiu-jitsu Open Training 8:00 PM-9:00 PM	Adult Jiu-jitsu Sparring Class (All Levels) 8:00 PM-8:45 PM				

*Scheduled classes may be subject to change/cancellation occasionally due to inclement weather, holidays, seminar, special events, etc. Please check website/Band group page for updates.