

Weekly Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Gi Jiu-jitsu Fundamentals 8:00 AM-9:00 AM	Private Classes By Appointment	Adult Gi Jiu-jitsu Fundamentals 8:00 AM-9:00 AM	Private Classes By Appointment	Adult Gi Jiu-jitsu All Levels 8:00 AM-9:00 AM	Juniors Jiu-jitsu Sparring Class (Ages 5-13) 9:00 AM-9:45 AM
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 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	Private Classes By Appointment
	Juniors Jiu-jitsu 1 (Ages 5-8) 4:45 PM-5:30 PM	Juniors Jiu-jitsu Sparring Class (Ages 5-13) 4:45 PM-5:30 PM	Juniors Jiu-jitsu 1 (Ages 5-8) 4:45 PM-5:30 PM		
Women's Only Training 6:00 PM-6:45 PM	Juniors Jiu-jitsu 2 (Ages 9-13) 5:45 PM-6:45 PM	Juniors Jiu-jitsu Advanced 5:45 PM-6:45 PM	Juniors Jiu-jitsu 2 (Ages 9-13) 5:45 PM-6:45 PM		
Adult Gi Jiu-jitsu All Levels 7:00 PM-8:00 PM	Adult Gi Jiu-jitsu Fundamentals 7:00 PM-8:00 PM	Adult Gi Jiu-jitsu All Levels 7:00 PM-8:00 PM	Adult Gi Jiu-jitsu Fundamentals 7:00 PM-8:00 PM	Adult No Gi Jiu-jitsu Striking/Sparring 7:00 PM-8:00 PM	
Adult Gi Jiu-jitsu Sparring Class 8:00 PM-8:45 PM	Adult Gi Jiu-jitsu Open Training 8:00 PM-9:00 PM	Adult Gi Jiu-jitsu Sparring Class 8:00 PM-8:45 PM	Adult Gi Jiu-jitsu Open Training 8:00 PM-9:00 PM		
*Schedule may be subject to change due to weather, holidays, etc. Weekend classes may occasionally be cancelled due to seminars, team events, etc. Please check the website , Band, or Facebook group page for details & updates.					