

# Schedule Class Type / Ages / Mat Location

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM - 5:50 AM	Jiu Jitsu 18+ (B)	Jiu Jitsu 18+ (B)		Jiu Jitsu 18+ (B)	Jiu Jitsu 18+ (B)
12:00 PM - 1:00 PM	Jiu Jitsu 14+ (B)	Jiu Jitsu 14+ (B)	Jiu Jitsu 14+ (B)	Jiu Jitsu 14+ (B)	Open Gym (ABC)
1:00 PM - 1:45 PM	🏠 School Jiu Jitsu 5-14 (B) TRIAL CLASS 🙌				🏠 School Jiu Jitsu 5-14 (B)
5:00 PM - 6:00 PM		Women's Only Jiu Jitsu (A) TRIAL CLASS 🙌		Women's Only Jiu Jitsu (A)	
5:00 PM - 5:30 PM	Jiu Jitsu 5-7 (B) TRIAL CLASS 🙌	Jiu Jitsu 5-7 (B)		Jiu Jitsu 5-7 (B)	Jiu Jitsu 5-7 (B)
5:00 PM - 5:45 PM	Kickboxing 6-14 (C) TRIAL CLASS 🙌		Kickboxing 6-14 (C)		Kickboxing 6-14 (C)
5:30 PM - 6:15 PM	Jiu Jitsu 7-14 (B) TRIAL CLASS 🙌	Youth GI Competition Jiu Jitsu 5-14 (B)	Jiu Jitsu 7-14 (B)	Youth NO GI Competition Jiu Jitsu 5-14 (B)	Jiu Jitsu 7-14 yrs (B)
6:00 PM - 6:45 PM	Jiu Jitsu 14+ (A) Kickboxing 14+ (C) TRIAL CLASS 🙌	Jiu Jitsu 14+ (A)	Jiu Jitsu 14+ (A) Kickboxing 14+ (C)	Jiu Jitsu 14+ (A)	Jiu Jitsu Open Mat 18+ (A) Kickboxing 14+ (C)
6:45 PM - 7:45 PM	Intermediate Jiu Jitsu 14+ (A) Advanced Kickboxing 14+ (C)	Comp Jiu Jitsu GI 14+ (B) Advanced Kickboxing 14+ (C)	Intermediate Jiu Jitsu 14+ (A) Advanced Kickboxing 14+ (C)	Comp Jiu Jitsu NO GI 14+ (B) Advanced Kickboxing 14+ (C)	Jiu Jitsu Open Mat 18+ (A) Sparring 14+ (C)
7:45 PM - 8:45 PM	Open Gym	Open Gym	Open Gym	Open Gym	

SATURDAY	
10:00AM - 11:00AM	Women's Only Jiu Jitsu (B)
11:00AM - 12:00PM	Open Gym (Members Only)

