



Weekly Schedule

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|---|
| | Jiu Jitsu Gi (6:00AM-7:00AM) | | Jiu Jitsu No Gi (6:00AM-7:00AM) | | |
| Jiu Jitsu No Gi (9:00AM-10:00AM) | | Jiu Jitsu Gi (9:00AM-10:00AM) | | Jiu Jitsu Gi (9:00AM-10:00AM) | |
| | | | | | Kids Jiu Jitsu No Gi (10:00AM-11:00AM) |
| | | | | | Jiu Jitsu GI Women exclusive (11:00AM-12:00PM) |
| Jiu Jitsu Gi (12:00PM-1:00PM) | Jiu Jitsu Gi (12:00PM-1:00PM) | Jiu Jitsu No Gi (12:00-1:00PM) | Jiu Jitsu Gi (12:00PM-1:00PM) | Jiu Jitsu Gi (12:00PM-1:00PM) | Special Jiu Jitsu Gi and No Gi (12:00PM-2:00PM) |
| | Little Kids Jiu Jitsu (4:30PM-5:15PM) | | Little Kids Jiu Jitsu (4:30PM-5:15PM) | | |
| Jiu Jitsu Gi Fundamental (5:30PM-6:30PM) | Kids Jiu Jitsu Gi (5:30PM-6:30PM) | Jiu Jitsu Gi Fundamental (5:30PM-6:30PM) | Kids Jiu Jitsu Gi (5:30PM-6:30PM) | Jiu Jitsu No Gi Fundamental (5:30PM-6:30PM) | |
| Jiu Jitsu Gi (6:30PM-8:00PM) | Jiu Jitsu No Gi (6:30PM - 8:00PM) | Jiu Jitsu Gi (6:30PM-8:00PM) | Jiu Jitsu No Gi (6:30PM-8:00PM) | Jiu Jitsu Gi (6:30PM-8:00PM) | |