



# Weekly Schedule

## (Mat 1)



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)	Wrestling all Levels (9:00AM-10:00AM)
					Jiu Jitsu Gi Women exclusive (10:00AM-11:00AM)
Jiu Jitsu Gi Teens Class (4:30PM-5:30PM)		Jiu Jitsu Gi Teens Class (4:30PM-5:30PM)		Jiu Jitsu Gi Teens Class (4:30PM-5:30PM)	
Jiu Jitsu Gi Fundamental (5:30PM-6:30PM)	Jiu Jitsu Gi Fundamental (5:30PM-6:30PM)	Jiu Jitsu Gi Fundamental (5:30PM-6:30PM)	Jiu Jitsu Gi Fundamental (5:30PM-6:30PM)	Jiu Jitsu No Gi Fundamental (5:30PM-6:30PM)	
(Mat 2)					
Mon	Tue	Wed	Thu	Fri	Sat
					Little Kids Jiu Jitsu (9:00AM-10:00AM)
					Kids Jiu Jitsu No Gi (10:00AM-11:00AM)
Jiu Jitsu Gi (12:00PM-1:00PM)	Jiu Jitsu Gi (12:00PM-1:00PM)	Jiu Jitsu No Gi (12:00PM-1:00PM)	Jiu Jitsu Gi (12:00PM-1:00PM)	Jiu Jitsu Gi (12:00PM-1:00PM)	Special Jiu Jitsu Gi and No Gi (11:00AM-1:00PM)
	Little Kids Jiu Jitsu (4:30PM-5:15PM)		Little Kids Jiu Jitsu (4:30PM-5:15PM)		
Kids Jiu Jitsu Gi (5:30PM-6:30PM)	Kids Jiu Jitsu Gi (5:30PM-6:30PM)	Kids Jiu Jitsu Gi (5:30PM-6:30PM)	Kids Jiu Jitsu Gi (5:30PM-6:30PM)	Kids Jiu Jitsu Gi (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)	