

Monday:

**Kids Jiu Jitsu Ages 5-8yrs:** 5:30 – 6:15pm

**Kids Jiu Jitsu Ages 9-13yrs:** 6:30 – 7:15pm

**Adult Jiu Jitsu (GI):** 7:30 – 8:30pm

Tuesday:

**Adult Jiu Jitsu:** 10:00 – 11:00am

**Kids Jiu Jitsu Ages 5-8yrs:** 5:15 – 6:00pm

**Adult No-Gi Jiu Jitsu:** 6:15 – 7:15pm

**Adult Jiu Jitsu(GI):** 7:30 – 8:30pm

Wednesday:

**Kids Jiu Jitsu Ages 5-8Yrs:** 5:30 – 6:15pm

**Kids Jiu Jitsu Ages 9-13Yrs:** 6:30 – 7:15pm

**Adult Jiu Jitsu(GI):** 7:30 – 8:30pm

Thursday:

**Adult Jiu Jitsu:** 10:00 – 11:00am

**Teens Jiu Jitsu:** 5:15 – 6:00pm

**Adult No-Gi Jiu Jitsu:** 6:15 – 7:15pm

**Adult Jiu Jitsu(GI):** 7:30 – 8:30pm

Friday:

**Adult Jiu Jitsu:** 10:00 – 11:00am

**Teens Jiu Jitsu:** 5:15 – 6:00pm

**Adult Advanced Jiu Jitsu Training:** 6:15 – 7:15pm *\*members only*

Saturday:

**Kids Jiu Jitsu Ages 9-15Yrs:** 10:00 – 10:45am *\*ages 9 to 15yrs Old*

**Adult Jiu Jitsu(GI):** 11:00 – 12:00pm

Sunday:

**Adult Advanced Jiu Jitsu Training:** 2:00 – 3:00pm *\*ages 13 and up \*members only*