

Teen & Adult Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JIU-JITSU ALL LEVELS (NO-GI) 11AM-12PM		JIU-JITSU ALL LEVELS (GI) 11AM-12PM		JIU-JITSU ALL LEVELS (GI) 11AM-12PM	ADULT SPECIALTY CLASS 10:30AM-11:30PM	NO CLASS
INTERMEDIATE & ADVANCED JIU-JITSU 6:30PM-7:30PM	ADULT NO-GI INTERMEDIATE & ADVANCED 6:30PM-7:30PM	INTERMEDIATE & ADVANCED JIU-JITSU 6:30PM-7:30PM	ADULT NO-GI INTERMEDIATE & ADVANCED 6:30PM-7:30PM	ADULT COMP CLASS 6PM-7PM	SKILLS & DRILLS (GI) ALL LEVELS 11:30AM-1PM	NO CLASS
BEGINNER JIU-JITSU (GI) 7:30PM-8:30PM	ADULT MUAY THAI 6:30PM-7:30PM	BEGINNER JIU-JITSU (GI) 7:30PM-8:30PM	INTERMEDIATE JIU-JITSU (GI) 7:30PM-8:30PM			
ADULT MUAY THAI 7:30PM-8:30PM	INTERMEDIATE JIU-JITSU (GI) 7:30PM-8:30PM	ADULT MUAY THAI 7:30PM-8:30PM				