



TRAINING GROUNDS & JIU JITSU

WEEKLY TRAINING SCHEDULE

DAY	TIME	CLASS
SUNDAY	10:00 AM - 10:50 AM	BJJ Self Defense (NoGi)
	11:00 AM - 11:45 AM	Juniors NoGi JiuJitsu
	12:00 PM - 1:30 PM	Adults NoGi JiuJitsu (All Levels)
MONDAY	12:30 PM - 2:00 PM	Adults Gi JiuJitsu
	6:00 PM - 6:45 PM	Juniors Gi JiuJitsu
	6:45 PM - 7:30 PM	BJJ Gi Drilling/Fundamentals
	7:30 PM - 9:30 PM	Adults Gi JiuJitsu
TUESDAY	12:30 PM - 2:00 PM	Adults NoGi JiuJitsu (All Levels)
	6:00 PM - 6:50 PM	Open Gym
	7:00 PM - 7:50 PM	Mixed Martial Arts**
	8:00 PM - 9:30 PM	Adults NoGi JiuJitsu (All Levels)
WEDNESDAY	12:30 PM - 2:00 PM	Adults Gi Jiu Jitsu
	6:00 PM - 6:45 PM	Juniors Gi Jiu Jitsu
	6:45 PM - 7:30 PM	Open Gym / Jiu Jitsu Drilling
	7:30 PM - 9:30 PM	Adults Gi Jiu Jitsu
THURSDAY	12:30 PM - 2:00 PM	Adults NoGi Jiu Jitsu (All Levels)
	6:00 PM - 6:50 PM	Open Gym
	7:00 PM - 7:50 PM	Open Gym / Jiu Jitsu Drilling
	8:00 PM - 9:30 PM	Adults NoGi Jiu Jitsu
FRIDAY	12:00 PM - 1:30 PM	Mixed Martial Arts**
	6:30 PM - 7:30 PM	Women's Jiu Jitsu
	7:30 PM - 9:00 PM	Open Gym (Schedule May Vary)
SATURDAY	12:00 PM - 1:30 PM	Open Gym (Schedule May Vary)
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****Prior Grappling and/or Striking Training Required**

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