A2
JIU-JITSU

Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids							
12-12:45 pm						8-12 yrs old	
5:30-6:15 pm	6-12 yrs old	6-12 yrs old	6-12 yrs old	6-12 yrs old			
Adults / Teens							
9:00-10:00 am							Women's only Class
10:00-11:00 am						Teen & Adult Open Mat	
6:20-7:20 pm	Sport Gi	Self Defense Gi	Sport No-Gi	Self Defense Gi			