

Adult Class Schedule

Effective: Tuesday, January 6, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mov't & Fit 6:15 - 6:55		Mov't & Fit 6:15 - 6:55		Mov't & Fit 6:15 - 6:55		Open Mat 9:00 - 10:30
All Levels Jits 7:00 - 7:50	A Firma 7:00 - 7:50	All Levels Jits 7:00 - 7:50		Open Mat 7:00 - 7:50		
	All Levels Jits 12:00 - 1:00		All Levels Jits 12:00 - 1:00		Fundamentals 10:30 - 11:20	
Fundamentals 5:00 - 5:50	Fundamentals 6:00 - 7:15	Fundamentals 5:00 - 5:50	Fundamentals 6:00 - 7:15		Comp. Team 11:30 - 1:00	
No-Gi 6:00 - 7:00	Interm. / Adv. 6:00 - 7:15	No-Gi 6:00 - 7:00	Interm. / Adv. 6:00 - 7:15			
All Levels Jits 7:00 - 7:50	Drill & Rounds 7:15 - 8:00	All Levels Jits 7:00 - 7:50	Drill & Rounds 7:15 - 8:00			