



Adult Class Schedule

Effective: Monday, Sept. 8, 2025



Schedule						
M	Tu	W	Th	F	Sa	Su
Mov't & Fit 6:15 - 6:55		Mov't & Fit 6:15 - 6:55		Mov't & Fit 6:15 - 6:55		
Gi - All Levels Jits 7:00 - 7:50	Takedowns 7:00 - 7:50	Gi - All Levels Jits 7:00 - 7:50	A Firma 7:00 - 7:50	Open Mat 7:00 - 7:50		
	Gi All Levels Jits 12:00 - 1:00		Gi All Levels Jits 12:00 - 1:00		Gi Fundamentals 10:30 - 11:20	
Gi Fundamentals 5:00 - 5:50		GiFundamentals 5:00 - 5:50			Comp. Team 11:30 - 1:00	
Gi Advanced 5:00 - 5:50		Gi Advanced 5:00 - 5:50				
No-Gi 6:00 - 7:00 pm	Gi Fundamentals 6:00 - 7:00	No-Gi 6:00 - 7:00 pm	Gi Fundamentals 6:00 - 7:0			
A Firma 7:00 - 7:50	Comp Rounds 7:00 - 8:00		Study Hall 7:00 - 8:00			