



JIU JITSU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am	Adults Gi		Adults Gi		Adults Gi	
9:45-10:30am						Kids 6-10yr
10:30-11am						Kids 11-14yr
5pm -5:45pm		Kids 6-10yr		Kids 6-10yr		
5:45-6:30pm		Kids 11-14yr		Kids 11-14yr		
6pm-7pm	Beginners		Beginners			
7pm-8pm	Adults Gi	Adults Gi	Adults Gi	Adults NoGi	Comp Class	

- Private Sessions by appointment.
- Comp Class for experienced grapplers only.