



LAMORINDA JIU-JITSU & KICKBOXING
3400 MT. DIABLO BLVD. SUITE #11
LAFAYETTE CA, 94549 (925) 956-9508



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM ADULT GI JIU-JITSU MAT 1	6 AM ADULT GI JIU-JITSU MAT 1	6 AM ADULT GI JIU-JITSU MAT 1	6 AM ADULT GI JIU-JITSU MAT 1		9 AM WOMENS ONLY JIU-JITSU MAT 1
9 AM FITNESS KICKBOXING BOOT CAMP MAT 2		9 AM FITNESS KICKBOXING BOOT CAMP MAT 2		9 AM FITNESS KICKBOXING BOOT CAMP MAT 2	9 AM KIDS 8+ YEARS OLD GI JIU-JITSU MAT 2
		10 AM ADULT WRESTLING MAT 1			10 AM ADULT GI JIU-JITSU FUNDAMENTALS MAT 1
11 AM ADULT GI JIU-JITSU MAT 1		11 AM ADULT GI JIU-JITSU MAT 1		11 AM ADULT GI JIU-JITSU MAT 1	10 AM ADULT MUAY THAI KICKBOXING MAT 2
4-4:45 PM KIDS 4-6 YEARS OLD GI JIU-JITSU MAT 2	4-4:45 PM KIDS 4-6 YEARS OLD GI JIU-JITSU MAT 2	4-4:45 PM KIDS 4-6 YEARS OLD GI JIU-JITSU MAT 2	4-4:45 PM KIDS 4-6 YEARS OLD GI JIU-JITSU MAT 2	4-4:30 PM KIDS GI JIU-JITSU FUNDAMENTALS MAT 1	11 AM ADULT JIU-JITSU OPEN MAT MAT 1
4-4:45 PM KIDS 7+ YEARS OLD GI JIU-JITSU MAT 1	4-4:45 PM KIDS 7+ YEARS OLD GI JIU-JITSU MAT 1	4-4:45 PM KIDS 7+ YEARS OLD WRESTLING MAT 1	4-4:45 PM KIDS 7+ YEARS OLD GI JIU-JITSU MAT 1	4-4:45 PM KIDS 8+ YEARS OLD MUAY THAI KICKBOXING MAT 2	11 AM ADULT OPEN MAT MAT 2
5-5:45 PM KIDS 8+ YEARS OLD MUAY THAI KICKBOXING MAT 2	5 - 5:45 PM KIDS 8 YRS - TEENS ADVANCED JIU-JITSU MAT 2	5-5:45 PM KIDS 8+ YEARS OLD MUAY THAI KICKBOXING MAT 2	5 - 5:45 PM KIDS 8 YRS - TEENS ADVANCED JIU-JITSU MAT 2	5 PM ADULT MUAY THAI KICKBOXING MAT 2	
5-5:45 PM ADULT GI JIU-JITSU FUNDAMENTALS MAT 1	5-5:45 PM ADULT NOGI JIU-JITSU FUNDAMENTALS MAT 1	5-5:45 PM ADULT GI JIU-JITSU FUNDAMENTALS MAT 1	5-5:45 PM ADULT NOGI JIU-JITSU FUNDAMENTALS MAT 1	5-5:45 PM ADULT GI JIU-JITSU FUNDAMENTALS MAT 1	
6 PM ADULT ADVANCED NOGI JIU-JITSU MAT 1	6 PM ADULT ALL LEVELS GI JIU-JITSU MAT 1	6 PM ADULT ADVANCED NOGI JIU-JITSU MAT 1	6 PM ADULT ALL LEVELS GI JIU-JITSU MAT 1	6 PM ADULT JIU-JITSU OPEN MAT MAT 1	
6 PM ADULT MUAY THAI KICKBOXING MAT 2	6 PM ADULT MUAY THAI KICKBOXING MAT 2	6 PM ADULT MUAY THAI KICKBOXING MAT 2	6 PM ADULT MUAY THAI KICKBOXING MAT 2	6 PM ADULT OPEN MAT MAT 2	
(925) 956-9508 LamorindaJiuJitsu@gmail.com			www.LamorindaJiuJitsu.com		One-on-one lessons available during non class hours