



Adult Class Schedule



Effective: Tuesday, January 2, 2024

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	Comp. Team 7:00 - 8:30	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	Fundamentals 9:00 - 9:50	
	All Levels Jits 12:00 - 1:00		All Levels Jits 12:00 - 1:00			
Fundamentals 5:00 - 5:50	Fundamentals 6:00 - 7:15	Fundamentals 5:00 - 5:50	Fundamentals 6:00 - 7:15			
No-Gi 6:00 - 7:00 pm	Interm. / Adv. 6:00 - 7:15 pm	No-Gi 6:00 - 7:00 pm	Interm. / Adv. 6:00 - 7:15 pm			
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			