



CLASS SCHEDULE

Please arrive 15 minutes before classes start. Please **DO NOT** be late.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Gi Fundamentals Coach Sam & Mark		Gi Fundamentals Coach Sam & Mark	No-Gi Jiu Jitsu Coach Sam & Mark			
7:45 am						Group Strength Training* Coach Joe D	
9:00 am						Group Strength Training* Coach Joe D	
10:00 am						Kids Group Strength* Coach Joe D	
10:15 am							Open Mat
11:00 am						No-Gi Jiu-Jitsu	
5:00 pm	Kids Gi Jiu-Jitsu [Ages 5-11] Coach Sam & Joe	Kids No-Gi Jiu-Jitsu [Ages 5-11] Coach Sam & Joe	Kids Gi Jiu-Jitsu [Ages 5-11] Coach Sam & Joe	Kids No-Gi Jiu-Jitsu [Ages 5-11] Coach Sam & Joe	Kids Jiu-Jitsu [Ages 5-11] Coach Sam		
		Group Strength Training* Coach D		Group Strength Training* Coach D			
6:00 pm	Judo Coach Christian	No-Gi Jiu-Jitsu Coach Sam & Mark	Gi Jiu-Jitsu Coach Sam & Mark	Wrestling Coach Josh	Judo Coach Christian		
	Group Strength Training* Coach Joe D	Group Strength Training* Coach Joe D		Group Strength Training* Coach Joe D			
7:00 pm	Gi Jiu-Jitsu Coach Mark & Sam	Invite Only Competition Training	Invite Only Competition Training	No-Gi Jiu-Jitsu Coach Mark & Sam	Gi Jiu-Jitsu Coach Mark & Sam		

*Group strength training classes are by appointment only.

Schedule starts January 8th, 2024.