



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



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