

	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	6 AM ADULT GI JIU-JITSU	6 AM ADULT GI JIU-JITSU	6 AM Adult Gi Jiu-Jitsu		
		9:30 AM Adult Kickboxing		9:30 AM Adult Kickboxing	
		One on One			10 AM ADULT GI JIU-JITSU FUNDAMENTALS
11 AM Adult Gi	One on One	11AM Adult Gi		11 AM Adult Gi	10 AM ADULT MUAY THAI KICKBOXING
3:15-4:00pm Kids 4-7 Years Old	3:15-4:00pm Kids 4-7 Years Old	3:15-4:00pm Kids 4-7 Years Old	3:15-4:00pm Kids 4-7 Years Old	3:15-3:45 Kids Introduction to Jiu Jitsu	11 AM ADULT JIU-JITSU OPEN MAT
4-4:55 PM KIDS 8+ YEARS OLD GI JIU-JITSU	4-4:55 PM KIDS 8+ YEARS OLD GI JIU-JITSU	4-4:55 PM KIDS 8 YEARS OLD No Gi	4-4:55 PM KIDS 8+ YEARS OLD GI JIU-JITSU	4:15-5:00 PM KIDS 8+ YEARS OLD MUAY THAI KICKBOXING	11 AM ADULT OPEN MAT
5-5:45 PM KIDS 8+ YEARS OLD MUAY THAI KICKBOXING	5 - 5:45 PM KIDS 8 YRS - TEENS ADVANCED JIU-JITSU	5-5:45 PM KIDS 8+ YEARS OLD MUAY THAI KICKBOXING	5 - 5:45 PM KIDS 8 YRS - TEENS ADVANCED JIU-JITSU	5 PM ADULT MUAY THAI KICKBOXING	
5-6pm Adult No Gi	5-6pm Adult No Gi	5-6pm Adult No Gi	5-6pm Adult No Gi	5-5:45 PM ADULT GI JIU-JITSU FUNDAMENTALS MAT 1	
	6 PM ADULT ALL LEVELS GI JIU-JITSU	6pm Adult Gi	6 PM ADULT ALL LEVELS GI JIU-JITSU	6 PM ADULT JIU-JITSU OPEN MAT	
6-7 PM ADULT MUAY THAI KICKBOXING	6-7 PM ADULT MUAY THAI KICKBOXING	6-7 PM ADULT MUAY THAI KICKBOXING	6 -7 PM ADULT MUAY THAI KICKBOXING	6 PM ADULT OPEN MAT	
	One on One		One on One		
(925) 956-9508 LamorindaJiuJitsu@gmail.com		www.LamorindaJiuJitsu.com		One-on-one lessons available during non class hours	