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	6 AM Adult GI Jiu-Jitsu	
9:30 AM Adult Kickboxing		9:30 AM Adult Kickboxing		9:30 AM Adult Kickboxing	9 AM Women's Jiu-Jitsu / Self-defense
		One on One			**10 AM** ADULT GI JIU-JITSU FUNDAMENTALS
11 AM Adult Gi	One on One Lessons	11AM Adult Gi	One-on-one lessons	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**	**3:15-4PM 4-7 year olds**	**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	**4PM** KIDS 8+ YEARS OLD MUAY THAI KICKBOXING	
	5PM KIDS 8 YRS - TEENS ADVANCED JIU-JITSU	**5-5:45 PM** KIDS 8+ YEARS OLD MUAY THAI KICKBOXING	**5PM** KIDS 8 YRS - TEENS ADVANCED JIU-JITSU	**5 PM** ADULT MUAY THAI KICKBOXING	
5-6:30pm Adult Gi Fundamentals	**530-630pm Adult Muay Thai**	**5-6:30pm Adult Roll Centric Jiu-Jitsu**	**530-630pm Adult Muay Thai**	**5 PM** ADULT GI JIU-JITSU FUNDAMENTALS	
630-730 PM ADULT MUAY THAI KICKBOXING	**630PM** ADULT ALL LEVELS GI JIU-JITSU	**630-730 PM** ADULT MUAY THAI KICKBOXING	**630PM** ADULT ALL LEVELS GI JIU-JITSU		

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One-on-one lessons available during non class hours