

Class Requirements:

1. Gi's must be worn to all classes with the exception of Women's Self-Defense and Kardio Kickboxing.
2. Adult Jiu-Jitsu (Advanced) and Kenpo Karate classes are reserved for Blue Belts and above.
3. All classes are 60 minutes.
4. Private classes are 30 minutes each.

KID'S JIU-JITSU

ADULT JIU-JITSU

ADULT KENPO KARATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Adult Jiu-Jitsu (Fundamentals)	Adult Jiu-Jitsu (Advanced)	Adult Jiu-Jitsu (Fundamentals)	Adult Jiu-Jitsu (Advanced)	Adult Jiu-Jitsu (Fundamentals)	
8:30 AM						
9:00 AM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	Adult Jiu-Jitsu (Fundamentals)
9:30 AM						
10:00 AM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	
10:30 AM						Adult Jiu-Jitsu (Advanced)
11:00 AM	Adult Jiu-Jitsu (Advanced)	Adult Jiu-Jitsu (Fundamentals)	Adult Jiu-Jitsu (Advanced)	Adult Jiu-Jitsu (Fundamentals)	Adult Jiu-Jitsu (Advanced)	
11:30 AM						
12:00 PM						Little Champs Jiu-Jitsu (5-7)
12:30 PM	Adult Jiu-Jitsu (Fundamentals)	Adult Jiu-Jitsu (Advanced)	Adult Jiu-Jitsu (Fundamentals)	Adult Jiu-Jitsu (Advanced)	Adult Jiu-Jitsu (Fundamentals)	
1:00 PM						
1:30 PM						Jr Graplers Jiu-Jitsu (8-12)
2:00 PM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	
2:30 PM						
3:00 PM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	Advanced Jiu-Jitsu (13-16)
3:30 PM						
4:00 PM	Little Champs Jiu-Jitsu (5-7)	Jr Graplers Jiu-Jitsu (8-12)	Little Champs Jiu-Jitsu (5-7)	Jr Graplers Jiu-Jitsu (8-12)		
4:30 PM						KENPO KARATE (Adult)
5:00 PM						
5:30 PM	KARDIO KICKBOXING	Advance Jiu-Jitsu (13-16)	KARDIO KICKBOXING	Advance Jiu-Jitsu (13-16)	KARDIO KICKBOXING	
6:00 PM						
6:30 PM						
7:00 PM	Adult Jiu-Jitsu (Fundamentals)	Adult Jiu-Jitsu (Advanced)	Adult Jiu-Jitsu (Fundamentals)	Adult Jiu-Jitsu (Advanced)	WOMENS SELF DEFENSE	
7:30 PM						
8:00 PM						
8:30 PM	KENPO KARATE (Adult)	KENPO KARATE (Adult)	KENPO KARATE (Adult)	KENPO KARATE (Adult)		
9:00 PM						
9:30 PM						