

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

	Class 1	Class 2	Class 3	Class 1	Class 2	Class 3	Class 1	Class 2	Class 3	Class 1	Class 2	Class 3	Class 1	Class 2	Class 3
6:30 – 7:30 AM <i>Level</i>	Adult Jiu Jitsu <i>Intermediate</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult Jiu Jitsu <i>Intermediate</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult Jiu Jitsu <i>Intermediate</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult Jiu Jitsu <i>Intermediate</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult No Gi <i>Advanced</i>		
7:30 – 8:15 AM <i>Level</i>				Adult Jiu Jitsu <i>Fundamentals</i>			Adult Jiu Jitsu <i>Fundamentals</i>			Adult Jiu Jitsu <i>Fundamentals</i>			Adult Jiu Jitsu <i>Fundamentals</i>		
9:30 – 11:00 AM <i>Level</i>				Adult Jiu Jitsu <i>Intermediate</i>			Adult Jiu Jitsu <i>Intermediate</i>			Adult Jiu Jitsu <i>Intermediate</i>			Adult Jiu Jitsu <i>Intermediate</i>		
3:00 – 3:30 PM <i>Level</i> <i>Ages</i>	Youth Jiu Jitsu <i>Tiny Tumblers</i> 3 – 4						Youth Jiu Jitsu <i>Tiny Tumblers</i> 3 – 4								
3:30 – 4:00 PM <i>Level</i> <i>Ages</i>	Youth Jiu Jitsu <i>Tiny Diamonds</i> 4 – 5						Youth Jiu Jitsu <i>Tiny Diamonds</i> 4 – 5								
4:00 – 4:45 PM <i>Level</i> <i>Ages</i>	Youth Jiu Jitsu <i>Fundamentals</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	Youth Jiu Jitsu <i>Fundamentals</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	Youth Jiu Jitsu <i>Fundamentals</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	Youth Jiu Jitsu <i>Fundamentals</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	
4:50 – 5:35 PM <i>Level</i> <i>Ages</i>	Youth Jiu Jitsu <i>Fundamentals</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 5 – 8	Youth Jiu Jitsu <i>Fundamentals</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	
5:40 – 6:30 PM <i>Level</i> <i>Ages</i>	Youth Jiu Jitsu <i>Competition Team</i> <i>Advanced</i> 7 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	Youth Jiu Jitsu <i>Competition Team</i> <i>Advanced</i> 7 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	Youth Jiu Jitsu <i>Competition Team</i> <i>Advanced</i> 7 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	Youth Jiu Jitsu <i>Competition Team</i> <i>Advanced</i> 7 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	Youth Jiu Jitsu <i>Intermediate</i> 5 – 8	Youth Jiu Jitsu <i>Intermediate</i> 9 – 13	
6:30 – 7:30 PM <i>Level</i>	Adult Jiu Jitsu <i>Intermediate</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult Judo <i>Fundamentals</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult Jiu Jitsu <i>Intermediate</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult Jiu Jitsu <i>Intermediate</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult No Gi <i>Advanced</i>		
7:30 – 8:30 PM <i>Level</i>	Adult Jiu Jitsu <i>Advanced</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Women's Jiu Jitsu <i>Fundamentals</i>	Adult No Gi <i>Fundamentals</i>		Adult Jiu Jitsu <i>Advanced</i>	Adult Jiu Jitsu <i>Fundamentals</i>		Adult Jiu Jitsu <i>Advanced</i>	Adult Jiu Jitsu <i>Fundamentals</i>		OPEN MAT		
8:30 – 9:00 PM <i>Level</i>	Adult Jiu Jitsu <i>Competition</i>			Women's Jiu Jitsu <i>Intermediate</i>	Adult No Gi <i>Advanced</i>		Adult Jiu Jitsu <i>Competition</i>			Adult Jiu Jitsu <i>Competition</i>			OPEN MAT		

# ADULT PROGRAM SCHEDULE

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
	Class 1	Class 2	Class 3	Class 1	Class 2	Class 3	Class 1	Class 2	Class 3	Class 1	Class 2	Class 3	Class 1	Class 2	Class 3
6:30 – 7:30 AM Level	Adult Jiu Jitsu Intermediate	Adult Jiu Jitsu Fundamentals		Adult Jiu Jitsu Intermediate	Adult Jiu Jitsu Fundamentals		Adult Jiu Jitsu Intermediate	Adult Jiu Jitsu Fundamentals		Adult Jiu Jitsu Intermediate	Adult Jiu Jitsu Fundamentals		Adult No Gi Advanced		
7:30 – 8:15 AM Level				Adult Jiu Jitsu Fundamentals			Adult Jiu Jitsu Fundamentals			Adult Jiu Jitsu Fundamentals			Adult Jiu Jitsu Fundamentals		
9:30 – 11:00 AM Level				Adult Jiu Jitsu Intermediate			Adult Jiu Jitsu Intermediate			Adult Jiu Jitsu Intermediate			Adult Jiu Jitsu Intermediate		
6:30 – 7:30 PM Level	Adult Jiu Jitsu Intermediate	Adult Jiu Jitsu Fundamentals		Adult Judo Fundamentals	Adult Jiu Jitsu Fundamentals		Adult Jiu Jitsu Intermediate	Adult Jiu Jitsu Fundamentals		Adult Jiu Jitsu Intermediate	Adult Jiu Jitsu Fundamentals		Adult No Gi Advanced		
7:30 – 8:30 PM Level	Adult Jiu Jitsu Advanced	Adult Jiu Jitsu Fundamentals		Women's Jiu Jitsu Fundamentals	Adult No Gi Fundamentals		Adult Jiu Jitsu Advanced	Adult Jiu Jitsu Fundamentals		Adult Jiu Jitsu Advanced	Adult Jiu Jitsu Fundamentals		OPEN MAT		
8:30 – 9:00 PM Level	Adult Jiu Jitsu Competition			Women's Jiu Jitsu Intermediate	Adult No Gi Advanced		Adult Jiu Jitsu Competition			Adult Jiu Jitsu Competition			OPEN MAT		

# ELITE YOUTH PROGRAM

## BRAZILIAN JIU JITSU CLASS SCHEDULE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	Class1	Class 2	Class 3	Class1	Class 2	Class 3	Class1	Class 2	Class 3	Class1	Class 2	Class 3	Class1	Class 2	Class 3
<b>3:00 – 3:30 PM</b>	<b>Youth Jiu Jitsu</b>						<b>Youth Jiu Jitsu</b>								
<i>Level Ages</i>	<i>Tiny Tumblers 3 – 4</i>						<i>Tiny Tumblers 3 – 4</i>								
<b>3:30 – 4:00 PM</b>	<b>Youth Jiu Jitsu</b>						<b>Youth Jiu Jitsu</b>								
<i>Level Ages</i>	<i>Tiny Diamonds 4 – 5</i>						<i>Tiny Diamonds 4 – 5</i>								
<b>4:00 – 4:45 PM</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	
<i>Level Ages</i>	<i>Fundamentals 5 – 8</i>	<i>Fundamentals 9 – 13</i>	<i>Intermediate 9 – 13</i>	<i>Fundamentals 5 – 8</i>	<i>Fundamentals 9 – 13</i>	<i>Intermediate 9 – 13</i>	<i>Fundamentals 5 – 8</i>	<i>Fundamentals 9 – 13</i>	<i>Intermediate 9 – 13</i>	<i>Fundamentals 5 – 8</i>	<i>Fundamentals 9 – 13</i>	<i>Intermediate 9 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Intermediate 9 – 13</i>	
<b>4:50 – 5:35 PM</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	
<i>Level Ages</i>	<i>Fundamentals 5 – 8</i>	<i>Fundamentals 9 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Fundamentals 5 – 8</i>	<i>Fundamentals 9 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Fundamentals 5 – 8</i>	<i>Fundamentals 9 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Fundamentals 5 – 8</i>	<i>Fundamentals 9 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Intermediate 5 – 8</i>	<i>Intermediate 9 – 13</i>	
<b>5:40 – 6:30 PM</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	<b>Youth Jiu Jitsu</b>	
<i>Level Ages</i>	<i>Competition Team Advanced 7 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Intermediate 9 – 13</i>	<i>Competition Team Advanced 7 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Intermediate 9 – 13</i>	<i>Competition Team Advanced 7 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Intermediate 9 – 13</i>	<i>Competition Team Advanced 7 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Intermediate 9 – 13</i>	<i>Intermediate 5 – 8</i>	<i>Intermediate 9 – 13</i>	