

CLASS SCHEDULE

TIME	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
8:30 AM	Ecological Jiu jitsu constraints-led approach	Ecological Jiu jitsu constraints-led approach	Ecological Jiu jitsu constraints-led approach	
9:00 AM				Adult Jiu Jitsu Foundations
10:00 AM				Open mat
5:15 PM	Kids 8+ Jiu Jitsu Foundations	Kids 8+ Jiu Jitsu Foundations	Kids 8+ Jiu Jitsu Foundations	
6:30 PM	Adult Jiu Jitsu Foundations	Adult Jiu Jitsu Foundations	Adult Jiu Jitsu Foundations	