

# 5150 JIU JITSU

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



PARENT AND ME  
TINY SHARKS  
10 AM

ADULT  
FUNDAMENTALS  
12 PM



ADULT  
FUNDAMENTALS  
12PM



OPEN FORMAT  
INVITE ONLY  
10:30 AM

PARENT AND ME  
TINY SHARKS  
4:30 PM

CHILDREN'S  
(AGE 5-8)  
5:15 PM

PARENT AND ME  
TINY SHARKS  
4:30 PM

CHILDREN'S  
(AGE 5-8)  
5:15 PM



ADULT  
FUNDAMENTALS  
11 AM

CHILDREN'S  
(AGE 5-8)  
5:15 PM

CHILDREN'S  
(AGE 9-13)  
6:15 PM

CHILDREN'S  
(AGE 5-8)  
5:15 PM

CHILDREN'S  
(AGE 9-13)  
6:15 PM



CHILDREN'S  
(AGE 6-13)  
12 PM

CHILDREN'S  
ADVANCED  
6:15 PM

ADULT  
FUNDAMENTALS  
7:15 PM

CHILDREN'S  
INTERMEDIATE  
6:15 PM

ADULT  
FUNDAMENTALS  
7:15 PM



ADULT  
MASTERY  
7:15 PM

ADULT  
KICKBOXING  
8:10 PM

ADULT  
MASTERY  
7:15 PM

ADULT  
KICKBOXING  
8:10 PM

