

2024 JIU JITSU & BOXING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am						JIU JITSU Adults/Teens
8:30am						JIU JITSU 4-6 year olds
9:15am						JIU JITSU 7-9 year olds
10:15am						JIU JITSU 9-13 year olds
11:30am	BOXING	PRIVATE/ GROUP LESSONS	BOXING	PRIVATE/ GROUP LESSONS	BOXING	BOXING
12:30pm						
1:00pm						
2:00pm						
3:00pm		PRIVATE/ GROUP LESSONS	PRIVATE/ GROUP LESSONS		PRIVATE/ GROUP LESSONS	
4:15pm	JIU JITSU 9-13 year olds	PRIVATE/ GROUP LESSONS	PRIVATE/ GROUP LESSONS	JIU JITSU 7-9 year olds	PRIVATE/ GROUP LESSONS	
5:15pm	JIU JITSU 4-6 year olds	JIU JITSU 7-9 year olds	JIU JITSU 9-13 year olds	JIU JITSU 4-6 year olds	COMPETITION TRAINING	
6:15pm	JIU JITSU 7-9 year olds	JIU JITSU 9-13 year olds	JIU JITSU 7-9 year olds	JIU JITSU 9-13 year olds	COMPETITION TRAINING	
7:15pm	JIU JITSU Adults/Teens	JIU JITSU Adults/Teens	JIU JITSU Adults/Teens	JIU JITSU Adults/Teens		