

2025 JIU JITSU & BOXING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am			JIU JITSU Adults/Teens		JIU JITSU Adults/Teens		
7:00am							
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	
1:00pm							
2:00pm							
3:15pm	PRIVATE / GROUP LESSONS	PRIVATE / GROUP LESSONS	WRESTLING / NO GI PRIVATE	WRESTLING / NO GI PRIVATE	PRIVATE / GROUP LESSONS		
4:15pm	JIU JITSU 9-13 year olds	PRIVATE / GROUP LESSONS	WRESTLING / NO GI	JIU JITSU 7-9 year olds	BOXING Teens		
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		BOXING Ladies
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			