

2026 JIU JITSU & BOXING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am			BOXING Ladies		BOXING Ladies		
5:45am			JIU JITSU Adults/Teens		JIU JITSU Adults/Teens		
6:15am							
6:45am							
7:30am						JIU JITSU Adults/Teens	
8:30am						JIU JITSU 4-6 year olds	
9:15am			YOGA Senior			JIU JITSU 7-9 year olds	
10:15am		JIU JITSU 9-13 year olds					
11:15am							
11:30am						BOXING	
12:30pm	CLOSED (12:30pm - 3:15pm)						
3:15pm	PRIVATE / GROUP LESSONS	PRIVATE / GROUP LESSONS	PRIVATE / GROUP LESSONS	PRIVATE / GROUP LESSONS	PRIVATE / GROUP LESSONS		
4:15pm	JIU JITSU 9-13 year olds	PRIVATE / GROUP LESSONS	WRESTLING / NO GI	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			