

	Mon	Tue	Wed	Thur	Fri	Sat
9 - 9:45 am						Youth Jiu Jitsu
10 - 11 am	Adult Jiu Jitsu		Adult Jiu Jitsu		Adult No Gi	Int. Adult Jiu Jitsu
5:00 - 5:30	Tiny Champs (4-7)		Tiny Champs		Tiny Champs No Gi	
5:30 - 6:15	Youth Jiu Jitsu	Beginner BJJ Adult	Youth Jiu Jitsu	Beginner BJJ Adult	Youth No Gi	
6:30 - 7:30	Adult No Gi	Int. Adult Jiu Jitsu	Adult MMA	Int. Adult Jiu Jitsu	Adult No Gi Open Mat	
7:30 - 8:00	Open Mat	Open Mat	Open Mat	Open Mat		

*Follow NNCS School District