



SOUTH HB JIU JITSU CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 PM Adults All levels	12 PM Adults All levels	12 PM Adults All levels	12 PM Adults All levels	12 PM Adults No Gi	8 AM Women Only	CLOSED
4 PM Kids Ages 6-8	3:00 PM Kids Ages 3-5	4 PM Kids Ages 6-8	3:00 PM Kids Ages 3-5	4 PM Kids Ages 6-8 No Gi	9 AM Kids Ages 3-5	
5 PM Kids Ages 9 & Up	3:50 PM Kids Ages 3-5	5 PM Kids Ages 9 & Up	3:50 PM Kids Ages 3-5	5 PM Kids Ages 9 & Up No Gi	10 AM Kids Ages 6 & Up	
6 PM Adults All Levels	4:45 PM Kids Competition Class* Adults All Levels	6 PM Kids Competition Class* Adults All Levels	4:45 PM Kids Competition Class* Adults All Levels	6 PM Kids Competition Class* Adults All Levels	11 AM Open Mat**	
	5:30 PM Women Only		5:30 PM Women Only			
	8 PM Adults All Levels		8 PM No Gi			