

SOURCE JIU JITSU CLUB

• Miramar • Pembroke Pines FL

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Adult Nogi
ALL LEVELS
6:30 AM

Adult GI
ALL LEVELS
6:30 AM

Adult Nogi
ALL LEVELS
6:30 AM

All Affiliations
Open Mat
Adults Only
10:00 AM

Private Class
ask for
scheduling

Tiny Lutadores
GI
4:15 PM

Tiny Lutadores
GI
4:15 PM

Tiny Lutadores
GI
4:15 PM

Tiny Lutadores
GI
4:15 PM

Tiny Lutadores
GI
4:15 PM

Juniors & Teens
Muay Thai
11:30 AM

Little
Lutadores Nogi
5:00 PM

Little
Lutadores
GI
5:00 PM

Little
Lutadores
GI
5:00 PM

Little
Lutadores Nogi
5:00 PM

Little
Lutadores Nogi
5:00 PM

Juniors & Teens
GI
5:45 PM

Juniors & Teens
GI
5:45 PM

Juniors & Teens
Muay Thai
5:45 PM

Juniors &
Teens Nogi
5:45 PM

Juniors &
Teens Nogi
5:45 PM

Adult Nogi
ALL LEVELS
6:30 PM

Adult GI
ALL LEVELS
6:30 PM

Adult GI
ALL LEVELS
6:30 PM

Adult Nogi
ALL LEVELS
6:30 PM

Adult Nogi
ALL LEVELS
6:30 PM

Adults
Muay Thai
7:45 PM

Adult GI
Foundations
7:45 PM

Adults
Muay Thai
7:45 PM

Adult Nogi
Foundations
7:45 PM

Women Only
Nogi
7:45 PM

Tiny Lutadores: 4-5 year olds
Little Lutadores: 6-9 year olds
Juniors/Teens: 10-15 year olds
Adult ALL Levels: Minimum age 16 yo
Adult Foundations: Beginners Minimum age 16 yo
Femme Fatal: Women Only Self defense Jiu Jitsu
Nogi: Adults, Juniors & Teens, Little Lutadores

