SOURCE JIU JITSU CLUB

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Adults-All Levels NOGI JIU JITSU		Adults-All Levels GI JIU JITSU		Adults-All Levels NOGI JIU JITSU		
8:00 AM	Private Instruction	Private Instruction	Private Instruction	Private Instruction	Private Instruction	Private Instruction	Private Instruction
9:00 AM	Private Instruction	Private Instruction	Private Instruction	Private Instruction	Private Instruction	Private Instruction	Private Instruction
10:00 AM						**Open Mat** **1st Saturday of the Month**	Private Instruction
11:00 AM						Private Instruction	Private Instruction
12:00 PM						Private Instruction	Private Instruction
3:30 PM							
4:15 PM	3-5 years GI JIU JITSU	3-5 years GI JIU JITSU	3-5 years GI JIU JITSU	3-5 years GI JIU JITSU	3-5 years GI JIU JITSU		
5:00 PM	6-9 years NOGI JIU JITSU	6-9 years GI JIU JITSU	6-9 years GI JIU JITSU	6-9 years NOGI JIU JITSU	6-9 years NOGI JIU JITSU		
5:45 PM	10-15 years GI JIU JITSU	10-15 years GI JIU JITSU	6 years & older Competition Class NOGI	10-15 years NOGI JIU JITSU	10-15 years NOGI JIU JITSU		
6:30 PM	**Adults-All Levels** **NOGI JIU JITSU**	**Adults-All Levels** **GI JIU JITSU**	**Adults-All Levels** **GI JIU JITSU**	**Adults-All Levels** **NOGI JIU JITSU**	**Adults-All Levels** **NOGI JIU JITSU**		
7:45 PM	**Muay Thai** **16 years & Older**	**Adult- Foundations** **GI JIU JITSU**	**Muay Thai** **16 years & Older**	**Adult- Foundations** **NOGI JIU JITSU**	**Women only** **NOGI JIU JITSU**		