



# ESSENTIAL JIU JITSU SPRING 2018 SCHEDULE

HOURS	MON	TUES	WED	THUR	FRI	SAT	SUN
6:30 AM -7:30 AM		FUNDAMENTALS		NO GI FUNDAMENTALS			
10:00 AM - 11:00 AM	FUNDAMENTALS		FUNDAMENTALS		FUNDAMENTALS	KID'S COMPETITION 10:00 - 11:30 AM	
11:00 AM - 1:00 PM	COMPETITION CLASS	COMPETITION CLASS	OPEN MAT 11:00AM- 12:00 PM	COMPETITION CLASS	COMPETITION CLASS	OPEN MAT 11:30 AM - 1:30 PM	
1:00 PM - 2:00 PM							
2:00 PM - 3:00 PM							
4:20 PM - 5:20 PM	KIDS 3-6			KIDS 3-6			
4:20 PM- 5:20 PM		KIDS 5-7	NO GI KIDS 5-7		KIDS 5-7		* COMPETITION CLASS VARYS FROM GI & NO GI DEPENDING ON SEASON
5:20 PM- 6:20 PM	KIDS 7-13	KIDS 8-13	NO GI KIDS 8-13	KIDS 7-13	KIDS 8-13		* FUNDAMENTALS = ALL BELTS
6:30 PM - 7:30 PM	INTRO BJJ	INTRO BJJ	NO GI INTRO BJJ	INTRO BJJ	MIXED BELTS NO-GI 6:30-8PM		* INTRO BJJ = WHITE & BLUE BELTS ADVANCED = BLUE & ABOVE
7:30 PM - 9:00PM	ADVANCED BJJ	ADVANCED BJJ	SUBMISSION WRESTLING	ADVANCED BJJ			