



# ESSENTIAL JIU JITSU SCHEDULE

## 3 DAY FREE TRIAL

HOURS	MON	TUES	WED	THUR	FRI	SAT	SUN
6:30 AM - 7:30 AM		FUNDAMENTALS	NO GI FUNDAMENTALS	FUNDAMENTALS			
10:00 AM - 11:00 AM	FUNDAMENTALS	FUNDAMENTALS	NO GI FUNDAMENTALS	FUNDAMENTALS	FUNDAMENTALS	KID'S COMPETITION	INTRO BJJ
11:00 AM - 1:00 PM	COMPETITION CLASS	COMPETITION CLASS	OPEN MAT 11:00AM- 12:00 PM	COMPETITION CLASS	COMPETITION CLASS	FUNDAMENTALS 11:00- 12:00 PM	FUNDAMENTALS 11:00- 12:00 PM
1:00 PM - 2:00 PM						OPEN MAT 12:00 PM- 1:00 PM	
2:00 PM - 3:00 PM							
4:15PM - 5:15 PM	KIDS 3-6	KIDS 5-7	NO GI KIDS 5-7	KIDS 3-6	KIDS 5-7		
5:15PM - 6:15 PM	KIDS 7-13	KIDS 8-13	NO GI KIDS 8-13	KIDS 7-13	KIDS 8-13		
6:15 PM- 7:00 PM	INTRO BJJ	INTRO BJJ	NO GI INTRO BJJ	INTRO BJJ	INTRO BJJ		
7:00 PM - 8:00 PM	FUNDAMENTALS	FUNDAMENTALS	SUBMISSION WRESTLING 7:00 -8:30 PM	FUNDAMENTALS	MIXED BELTS NO-GI 7:00-8:30 PM		
8:00 PM - 9:30PM	ADVANCED BJJ	ADVANCED BJJ		ADVANCED BJJ			

\* COMPETITION CLASS VARYS FROM GI & NO GI DEPENDING ON SEASON

\* FUNDAMENTALS = ALL BELTS (WHITE BELTS ONE STRIPE AND UP)

\* INTRO BJJ = WHITE BELTS ONLY

\*ADVANCED = BLUE & ABOVE