



# REDEMPTION JIU JITSU

## WEEKLY SCHEDULE



Class Time	Mon/Gi	Tue/Nogi	Wed/Gi	Thu/Nogi	Fri	Sat	Sun
5-6am	Adults All Level	Adults All Level	Adults All Level	Adult Open Mat	Adult Open Mat Gi/Nogi		
10-11am						Open Mat All Ages	
12-1pm	Adult Fundamentals	Adults All Level	Adult Fundamentals	Adults All Level	Adult Fundamentals Gi		
2-3pm							Open Mat All Ages
5-5:30pm		Little Warriors		Little Warriors			
5:30-6:30pm	Kids	Kids	Kids	Kids			
5:30-6:30pm	Adult Fundamentals	Adult Fundamentals	Adult Fundamentals	Adult Fundamentals			
6-7pm					Competition Class Nogi		
6:30-7:30pm	Adults All Level	Adults All Level	Adults All Level	Adults All Level			