



# BRAZILIAN JIU-JITSU

## FAMILY TRAINING CENTER

### Northwest Hills Class Schedule

#### Monday

- Adults: 6:30a to 7:20a
- Adults: 12:00p to 12:50p
- Open Mat: 1:00p to 1:30p
- 3 to 5 y/o: 3:15p to 3:50p
- 5 to 9 y/o: 4:00p to 4:50p
- 9 to 13 y/o: 5:00p to 5:50p
- Youth All Ages: 6:00p to 6:50p
- Parents: 6:00p to 6:50p
- Adults & Teens No-Gi: 7:00p to 7:50p

#### Tuesday

- 3 to 5 y/o: 3:15p to 3:50p
- 5 to 9 y/o: 4:00p to 4:50p
- 9 to 13 y/o: 5:00p to 5:50p
- Youth All Ages: 6:00p to 6:50p
- Parents: 6:00p to 6:50p
- Adults & Teens: 7:00p to 7:50p

#### Friday

- Adults: 12:00p to 12:50p
- Parents/Youth All Ages: 4p to 4:50p

#### Wednesday

- Adults: 6:30a to 7:20a
- Adults: 12:00p to 12:50p
- Open Mat: 1:00p to 1:30p
- 3 to 5 y/o: 3:15p to 3:50p
- 5 to 9 y/o: 4:00p to 4:50p
- 9 to 13 y/o: 5:00p to 5:50p
- Youth All Ages: 6:00p to 6:50p
- Parents: 6:00p to 6:50p
- Adults & Teens No-Gi: 7:00p to 7:50p

#### Thursday

- 3 to 5 y/o: 3:15p to 3:50p
- 5 to 9 y/o: 4:00p to 4:50p
- 9 to 13 y/o: 5:00p to 5:50p
- Family Comp: 6:00p to 6:50p
- Adults Comp: 7p to 7:50p

#### Saturday

- Parents/Youth: 9:00a to 9:50a
- Open Mat: 10:00a to 10:30a

#### Sunday

- Open Mat: 12:00p to 1:30p  
Open to members and non members