



BRAZILIAN JIU-JITSU

FAMILY TRAINING CENTER

Northwest Hills

SUMMER

Class Schedule

Monday

- Adults No-Gi: 6:30a to 7:20a
- Adults No-Gi: 12:00p to 12:50p
- 3 to 5 y/o No-Gi: 3:30p to 4:20p
- Youth All Ages No-Gi: 4:30p to 5:20p
- Family Class No-Gi: 5:30p to 6:20p
- Adults No-Gi: 6:30p to 7:20p

Tuesday

- Youth All Ages: 5:30p to 6:20p
- Adults: 6:30p to 7:20p

Friday

- Adults No-Gi: 12:00p to 12:50p
- Youth All Ages No-Gi: 4:30p to 5:20p

Sunday

- Open Mat No-Gi: 12:00p to 12:50p
- Kid's Comp: 2:00p to 2:50p

Wednesday

- Adults No-Gi: 6:30a to 7:20a
- Adults No-Gi: 12:00p to 12:50p
- Youth All Ages No-Gi: 4:30p to 5:20p
- Family Class No-Gi: 5:30p to 6:20p
- Adults No-Gi: 6:30p to 7:20p

Thursday

- Youth All Ages No-Gi: 5:30p to 6:20p
- Adults No-Gi: 6:30p to 7:20p

Saturday

- Family: 9:00a to 9:50a