



# BRAZILIAN JIU-JITSU

## FAMILY TRAINING CENTER

### Westlake Hills Class Schedule

#### Monday

- Adults No-Gi: 6a to 7:30a
- Adults: 12p to 1:15p
- Youth ages 4 to 9: 4p to 4:50p
- Youth ages 9 to 14 No-Gi: 5p to 5:50p
- Family Class No-Gi: 6p to 6:50p

#### Wednesday

- Adults No-Gi: 6a to 7:30a
- Adults: 12p to 1:15p
- Youth ages 4 to 9: 4p to 4:50p
- Youth ages 9 to 14 No-Gi: 5p to 5:50p
- Family Class No-Gi: 6p to 6:50p
- Westlake High Night: 7p to 7:50p

#### Tuesday

- Adults: 6a to 7:30a
- Adults: 8a to 8:50a
- After-school Program 3p to 3:50p
- Youth ages 4 to 9: 4p to 4:50p
- Youth ages 9 to 14: 5p to 5:50p
- Advanced youth: 6p to 6:50p
- Adults & Teens: 6p to 7:30p

#### Thursday

- Adults: 6a to 7:30a
- Adults: 8a to 8:50a
- After-school Program 3p to 3:50p
- Youth ages 4 to 9: 4p to 4:50p
- Youth ages 9 to 14: 5p to 5:50p
- Advanced Youth: 6p to 6:50p
- Adults & Teens: 6p to 7:30p

#### Friday

- Adults No-Gi: 12p to 1:15p
- Competition Team: 5:30p to 7p

#### Saturday

- Open Mat No-Gi: 8a to 8:50a
- Family Class: 9a to 9:50a

#### Sunday

- Ladies Only: 3:30p to 4:20p