



Adult Programs Class Times

Stittsville



Effective October 10, 2018

	Muay Thai	Adult Jiu Jitsu (White to Brown)	Masters Club Jiu Jitsu	Boot Camp
Monday	6:45-7:45 pm	7:45-8:45 pm	7:45-8:45 pm	6:45-7:45 pm
Tuesday	7:00-8:00 pm	12:00-1:00 pm 8:00-9:00 pm	8:00-9:00 pm	
Wednesday	6:45-7:45 pm	7:45-8:45 pm	7:45-8:45 pm	6:45-7:45 pm
Thursday	6:30-7:30 pm	12:00-1:00 pm 7:30-8:30 pm	7:30-8:30 pm	
Friday				
Saturday			10:00-10:45 am	8:30-9:30 am
	*Open Mat held each Thursday from 8:30 pm to 9:00 pm. **Adult Jiu Jitsu day classes held Tuesday and Thursday from 12:00 to 1:00 pm			

- ◆ Students are encouraged to attend 2-3 classes per week. Please remember to put your attendance card in the box for ALL classes.
- ◆ Students must notify the Instructor before leaving the mat area. Upon returning, please wait by the edge of the mat until called upon.
- ◆ Uniforms are expected to be clean and neat.
- ◆ Students should always come prepared. A student should always bring all safety equipment and have water at the side of the mat.
- ◆ Please see the Monthly Calendar for important dates, special events and class cancellations.