

JIU JITSU CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEENS (13+)	-	6:45 PM (Gi)	-	6:45 PM (Gi)	6:45 PM (Gi)	12:00 PM (Gi)	-
ADULTS (18+)	10:30 AM (Gi) 7:30 PM (Gi)	7:30 PM (No Gi)	10:30 AM (Gi) 7:30 PM (Gi)	7:30 PM (Gi)	5:15 PM (Gi)	9:00 AM (Gi)	11:00 AM (Open Mat)

NOTE: Schedule times subject to change without notice

Nov 2024

TRIAL - INTRODUCTORY SPECIAL (\$40)

2 introductory classes & full uniform (Gi)

[Click Here to book introductory class](#)

CLASS DESCRIPTIONS

Jiu Jitsu is a martial art that focuses on ground control and submission holds. It uses the principles of leverage, angles, pressure and timing to control a physically superior opponent.

Gi: Practiced in a gi uniform

No Gi: Practiced in compression shirts and shorts

HYGIENE ETIQUETTE

Wash your gi

Remove Jewelry

Trim finger and toe nails

Practice good hygiene

Tie your hair back

Cover all cuts

Don't train when sick

Make sure your feet are clean

Shoes to be worn on all surface EXCEPT the mat. No shoes on the mat.