

# SUNNYVALE JIU JITSU

## CLASS SCHEDULE

| CLASS                                                        | MONDAY                                  | TUESDAY                                                     | WED                                     | THURSDAY                                                    | FRIDAY  | SAT      | SUNDAY               |
|--------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|---------|----------|----------------------|
| <b>YOUTH</b><br><b>8 - 15 Yrs</b><br><br>Duration:<br>45 min | 5:15 PM<br><br>6:00 PM<br>(Competition) | 5:15 PM                                                     | 5:15 PM<br><br>6:00 PM<br>(Competition) | 5:15 PM                                                     | 4:30 PM | 11:15 AM |                      |
| <b>ADULT</b><br><b>16 + Yrs</b><br><br>Duration:<br>1.5 hrs  | 10:30 AM<br><br>6:45 PM                 | 6:00 AM<br>(No Gi)<br><br>6:00 PM<br>(No Gi)<br><br>7:30 PM | 10:30 AM<br><br>6:45 PM                 | 6:00 AM<br>(No Gi)<br><br>6:00 PM<br>(No Gi)<br><br>7:30 PM | 5:15 PM | 12:00 PM | 11:00 AM<br>Open Mat |