

# Star Jiu Jitsu Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Children's Program						
	6:00 - 6:45 pm	6:00 - 6:45 pm	6:00 - 6:45 pm			
Brazilian Jiu Jitsu						
	12:30 - 2:00 pm	6:30 - 7:30 am	12:30 - 2:00 pm	6:30 - 7:30 am	1:00 - 2:30 pm	
	7:15 - 8:45 pm	12:30 - 2:00pm Open Mat No-Gi	7:15 - 8:45 pm	Open Mat		
Muay Thai Kickboxing						
7:30 - 8:30 pm		7:30 - 8:30 pm			3:00 - 4:00 pm	
Boxing						
6:00 - 7:00 pm		6:00 - 7:00 pm			12:00 - 1:00 pm	
MMA						
	6:00 - 7:15 pm		6:00 - 7:15 pm			
Wrestling / Take Downs						
12:30 - 2:00 pm						1:00 - 2:30 pm
6:00 - 7:30 pm		7:00 - 8:30 pm		6:00 - 7:30 pm		



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