



# The Jiu Jitsu Order

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6a - 7a					Adult - Gi All Levels		
11a-12p	Adult - Nogi All Levels	Adult - Gi All Levels	Adult - Nogi All Levels	Adult - Gi All Levels		Adult - Gi Comp Trn @ PSBJJ 11: 00a-12:30p	Private Lessons By Appointment
12p- 2p							Open Mat 12: 00p-1:30p
5p- 6p	Kids - Gi Extra Training	Mighty Mights 4yrs-6yrs 5: 15p-6:00p	Kids - Gi Extra Training	Mighty Mights 4yrs-6yrs 5: 15p-6:00p			
6p- 7p	Kids - Nogi All Levels	Kids - Gi All Levels	Kids - Nogi All Levels	Kids - Gi All Levels	Womens Open Mat (Select Fridays)		
*6:30p - 7:00p	*Adult - Beginner		*Adult - Beginner				
7p- 8p	Adult - Gi Fundamentals	Adult - Gi Competition/ Advanced	Adult - Gi Fundamentals	Adult - Gi Competition/ Advanced	Adult - Nogi Competition/ Advanced		
8p- 9p	Adult - Nogi All Levels		Adult - Nogi All Levels				