

7 Spears Jiu Jitsu and Judo Schedule

7spearsjiujitsu.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
	6am Adult Class	6am Adult Class	6am Adult Class		
				Adult Open Mat 12-1pm	Judo Open Mat 11am
AFTERNOON/ EVENING CLASSES					
	Tots Jiu Jitsu Age 3-4 3:30-4:00pm	Tots Jiu Jitsu Age 3-4 3:30-4:00pm	Tots Jiu Jitsu Age 3-4 3:30-4:00pm		
Tigers Jiu Jitsu Age 5-6 4:00-4:30pm	Tigers Jiu Jitsu Age 5-6 4:00-4:30pm	Tigers Jiu Jitsu Age 5-6 4:00-4:30pm	Tigers Jiu Jitsu Age 5-6 4:00-4:30pm	Tots/Tigers Jiu Jitsu No Gi Age 3-6 4:00-4:30pm	
Kids Jiu Jitsu All Ranks Age 7-12 4:30-5:15pm	Kids Jiu Jitsu All Ranks Age 7-12 4:30-5:15pm	Kids Jiu Jitsu All Ranks Age 7-12 4:30-5:15pm	Kids Jiu Jitsu All Ranks Age 7-12 4:30-5:15pm	Kids Jiu Jitsu No Gi Age 7-12 4:30-5:15pm	
Adult Intermediate Jiu Jitsu Gi 5:15-6:15pm	Kids Judo 5:15-6:15pm	Adult Intermediate Jiu Jitsu Gi 5:15-6:15pm	Kids Judo 5:15-6:15pm	Judo 5:15pm	
Teen/Adult Judo 6:15-7:15pm	Adult Intermediate Jiu Jitsu Gi 6:15-7:15pm	Teen/Adult Judo 6:15-7:15pm	Adult Intermediate Jiu Jitsu Gi 6:15-7:15pm		
Adult Fundamentals/ Teens Jiu Jitsu Gi 7:20-8:20pm	Adult Fundamentals/ Teens Jiu Jitsu Gi 7:20-8:20pm	Adult Fundamentals/ Teens Jiu Jitsu Gi 7:20-8:20pm	Adult Fundamentals/ Teens Jiu Jitsu Gi 7:20-8:20pm		