



# JiuJitsu Columbus 2019 Schedule



Monday	Tuesday	Wednesday	Thursday <b>No Gi</b>	Friday	Saturday
<b>11:00 am - 1:00 pm</b> Adult BJJ	<b>3:30 pm - 4:15 pm</b> Kids BJJ Basic	<b>11:00 am - 1:00 pm</b> Adult BJJ	<b>3:30 pm - 4:15 pm</b> Kids BJJ Basic	<b>11:00 am - 1:00 pm</b> Adult BJJ	Private Lessons
<b>3:30 pm - 4:00 pm</b> Intro Lessons	<b>4:30 pm - 5:00 pm</b> Mini Blinds (3-5 y/o)	<b>3:30 pm - 4:00 pm</b> Intro Lessons	<b>4:30 pm - 5:00 pm</b> Mini Blinds (3-5 y/o)		<b>12:00 pm - 2:00 pm</b> * Team Training *
<b>4:00 pm - 4:30 pm</b> Mini Blinds (3-5 y/o)	<b>5:00 pm - 5:45 pm</b> Kids Intermediate BJJ	<b>4:00 pm - 4:30 pm</b> Mini Blinds (3-5 y/o)	<b>5:00 pm - 5:45 pm</b> Kids Intermediate BJJ		
<b>4:30 pm - 5:15 pm</b> Kids BJJ Basic	<b>5:45 pm - 6:15 pm</b> Mini Blinds (3-5 y/o)	<b>4:30 pm - 5:15 pm</b> Kids BJJ Basic	<b>5:45 pm - 6:15 pm</b> Mini Blinds (3-5 y/o)	<b>4:30 pm - 5:15 pm</b> Kids BJJ Basic	
<b>5:15 pm - 5:45 pm</b> Intro Lessons	<b>6:15 pm - 7:00 pm</b> Kids BJJ Basic	<b>5:15 pm - 5:45 pm</b> Intro Lessons	<b>6:15 pm - 7:00 pm</b> Kids BJJ Basic	<b>5:15 pm - 6:00 pm</b> Kids Sparring	
<b>5:30 pm</b> BJJ Intermediate (Adult/Teen)	<b>7:00 pm</b> BJJ All levels (Adult/Teen)	<b>5:30 pm</b> BJJ Intermediate (Adult/Teen)	<b>7:00 pm</b> BJJ No Gi All Levels (Adult/Teen)	<b>6:00 pm</b> BJJ Essentials (Adult/Teen)	
<b>5:45 pm - 6:30 pm</b> Kids Intermediate BJJ	<b>8:00 pm</b> Adult Rolling	<b>5:45 pm - 6:30 pm</b> Kids Intermediate BJJ	<b>8:00 pm</b> Adult Rolling	<b>6:45 pm</b> Adult Rolling	
<b>6:30 pm</b> BJJ Essentials (Adult/Teen)		<b>6:30 pm</b> BJJ Essentials (Adult/Teen)			

kids intermediate is with instructor permission starting at grey belt

Schedule subject to change.

\* Team Training is for members only.