



Jiu Jitsu Columbus 2020 Schedule



(706) 992-5606

jiujitsucolumbus.com

North Columbus Business Park 506 Manchester Expressway Suite A4 Columbus, GA 31904

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm - 1:00pm Adult BJJ	3:30pm - 4:15pm Kids BJJ Basic	12:00pm - 1:00pm Adult BJJ	3:30pm - 4:15pm Kids BJJ Basic No Gi	4:00pm - 4:45pm Kids BJJ Basic	10:00am - 11:00am Kids No Gi Competition Training
3:30pm - 4:15pm Kids BJJ Basic	4:30pm - 5:00 pm Mini Blinds (3-5 y/o)	3:30pm - 4:15pm Kids BJJ Basic	4:30pm - 5:00 pm Mini Blinds No Gi (3-5 y/o)	4:45pm - 5:30pm Kids Sparring	11:00am - 12:00pm Adult & Teen Open Mat
4:30pm - 5:15pm Kids BJJ Basic	5:00pm - 5:45pm <i>*Kids Intermediate BJJ</i>	4:30pm - 5:15pm Kids BJJ Basic	5:00pm - 5:45pm <i>*Kids Intermediate BJJ No Gi</i>	5:30pm - 6:30pm Adult/Teen BJJ Essentials	
5:30pm - 6:30pm Drills & Skills <i>*Kids(Intermediate)/ Adult & Teen (All Levels)</i>	5:45pm - 6:15 pm Mini Blinds (3-5 y/o)	5:30pm - 6:30pm Drills & Skills <i>*Kids(Intermediate)/ Adult & Teen (All Levels)</i>	5:45pm - 6:15 pm Mini Blinds No Gi (3-5 y/o)	6:30pm - 7:30pm Open Mat/Adult & Teen Rolling	
6:30pm - 7:30pm Adult/Teen BJJ Essentials	6:15pm - 7:00pm Kids BJJ Basic	6:30pm - 7:30pm Adult/Teen BJJ Essentials	6:15pm - 7:00pm Kids BJJ Basic No Gi		
7:30pm - 8:30pm Open Mat/Adult & Teen Rolling/Judo	7:00pm - 8:00pm Adult/Teen BJJ No Gi	7:30pm - 8:30pm Open Mat/Adult & Teen Rolling/Judo	7:00pm - 8:00pm Adult/Teen BJJ No Gi		
	8:00pm - 8:30pm Open Mat/Adult & Teen Rolling		8:00pm - 8:30pm Open Mat/Adult & Teen Rolling		

Private Lessons by appointment.

Schedule subject to change.

**Kids Intermediate classes by Instructor permission only.*