



Jiu Jitsu Columbus January 2021 Schedule

(706) 992-5606

jiujitsucolumbus.com

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

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u> <u>NO GI</u>	<u>Fridays</u>	<u>Select Saturdays</u> <u>*Jan. 2, 9, 16, 30</u>
4:15pm - 5:00pm Kids BJJ (6-12 y/o)	12:00pm - 1:00pm Adult/Teen BJJ	4:15pm - 5:00pm Kids BJJ (6-12 y/o)	12:00pm - 1:00pm Adult/Teen BJJ	4:15pm - 5:00pm Kids BJJ (6-12 y/o)	<u>*Jan. 9, 16</u> 10:00am-11:00am Kids Competition Training for 6-12 y/o
5:30pm - 6:30pm Kids/Teens/Adults Judo	4:15pm - 4:45pm Mini-Blinds BJJ (3-5 y/o)	5:30pm - 6:30pm Kids/Teens/Adults Judo	4:15pm - 4:45pm Mini-Blinds BJJ (3-5 y/o)	5:30pm - 6:15pm Adult/Teen Yoga for BJJ	<u>*Jan. 2, 9, 16</u> 11:00am-12:00 pm Open Mat for all BJJ members
5:45pm - 6:30pm Adult/Teen Kettle Jitsu Fitness Class	5:15pm - 6:00pm Kids BJJ (6-12 y/o)	5:45pm - 6:30pm Adult/Teen Kettle Jitsu Fitness Class	5:15pm - 6:00pm Kids BJJ (6-12 y/o)	6:00pm-6:30pm Adult/Teen Open Mat	<u>*Jan. 30</u> 10:00am-11:00am Women Only Training
6:30pm - 7:00pm Adult/Teen Open Mat	5:15 pm - 6:00pm Adult/Teen Fitness Class	6:30pm - 7:00pm Adult/Teen Open Mat	5:15 pm - 6:00pm Adult/Teen Fitness Class	6:30pm - 7:30pm Adult/Teen BJJ	<u>*Jan. 30</u> 11:00am- 1:00pm Pressure Passing Seminar for all BJJ members
7:00pm - 8:00pm Adult/Teen BJJ	6:30pm - 7:30 pm Adult/Teen BJJ	7:00pm - 8:00pm Adult/Teen BJJ	6:30pm - 7:30 pm Adult/Teen BJJ		

Private Lessons by appointment.

Schedule subject to change.