



# Jiu Jitsu Columbus June 2022 Schedule

(706) 992-5606

jiujitsucolumbus.com

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

| <u><b>Mondays</b></u><br><u><b>NO GI</b></u>                          | <u><b>Tuesdays</b></u><br><u><b>NO GI</b></u>                         | <u><b>Wednesdays</b></u><br><u><b>GI</b></u>                | <u><b>Thursdays</b></u><br><u><b>NO GI</b></u>                        | <u><b>Fridays</b></u><br><u><b>GI</b></u>                                       | <u><b>Select Saturdays</b></u><br><u><b>**June 4, 11, 25</b></u>                            |
|---|---|---|---|---|---|
| 3:30pm – 4:00pm<br>Mini-Blinds BJJ<br>(3-4 y/o)                       | 12:00pm - 1:00pm<br>Adult/Teen BJJ <u>GI</u>                          | 3:30pm – 4:00pm<br>Mini-Blinds BJJ<br>(3-4 y/o)             | 12:00pm - 1:00pm<br>Adult/Teen BJJ <u>GI</u>                          | 4:15pm - 5:15pm Kid<br>Warriors BJJ (5-11 y/o)<br>Sparring&Competition<br>Class | **June 11 & 25 only!<br>10am—11am Open Mat<br>for Adult/Teen Women                          |
| 4:00 pm - 4:45 pm<br>Kid Warriors BJJ<br>(5-11 y/o)                   | 3:30pm – 4:15pm<br>Kid Warriors BJJ<br>(5-11 y/o)                     | 4:00pm - 4:45pm<br>Kid Warriors BJJ<br>(5-11 y/o)           | 3:30pm – 4:15pm<br>Kid Warriors BJJ<br>(5-11 y/o)                     | 5:15pm – 6:15pm<br>Adult/Teen<br>Drills & Skills BJJ                            | **June 4, 11&25 only!<br>11am—12pm Open Mat<br>for Adult/Teen Members<br>only! No visitors! |
| 4:45 pm - 5:30 pm<br>Kid Warriors BJJ<br>(5-11 y/o)                   | 4:30pm – 5:00pm<br>Little Furies BJJ<br>(5-7 y/o)                     | 4:45 pm - 5:30 pm<br>Kid Warriors BJJ<br>(5-11 y/o)         | 4:30pm – 5:00pm<br>Little Furies BJJ<br>(5-7 y/o)                     | 6:30pm – 7:30pm<br>Adult/Teen BJJ   |   |
| 5:30pm – 6:30pm <u>GI</u><br>Kids (10 y/o & up)/<br>Teens/Adults Judo | 5:15pm – 5:45pm<br>Mini-Blinds BJJ<br>(3-4 y/o)                       | 5:30pm – 6:30pm<br>Kids (10 y/o & up)/<br>Teens/Adults Judo | 5:15pm – 5:45pm<br>Mini-Blinds BJJ<br>(3-4 y/o)                       |   |   |
| 5:45pm – 6:30pm<br>Adult/Teen<br>Kettle Jitsu Fitness                 | 6:00pm – 6:45pm<br>Kid Warriors BJJ<br>(5-11 y/o)                     | 5:30pm—6:30pm<br>Adult/Teen Women<br>BJJ                    | 6:00pm – 6:45pm<br>Kid Warriors BJJ<br>(5-11 y/o)                     |   |   |
| 6:30pm – 7:00pm<br>Adult/Teen Open<br>Mat                             | 6:00pm—7:00pm <u>GI</u><br>Adult/Teen IntroBJJ:<br>New Members Only!! | 6:30pm – 7:00pm<br>Adult/Teen Open<br>Mat                   | 6:00pm—7:00pm <u>GI</u><br>Adult/Teen IntroBJJ:<br>New Members Only!! |   |   |
| 7:00pm – 8:00pm<br>Adult/Teen BJJ                                     | 7:00pm – 8:00pm<br>Adult/Teen BJJ                                     | 7:00pm – 8:00pm<br>Adult/Teen BJJ                           | 7:00pm – 8:00pm<br>Adult/Teen BJJ                                     |   |   |

Private Lessons by appointment.

Schedule subject to change.