



Jiu Jitsu Columbus August 2022 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>Fridays</u>	<u>Select Saturdays</u> **August 6, 13
12:00pm - 1:00pm Adult/Teen BJJ <u>GI</u>	12:00pm - 1:00pm Adult/Teen BJJ <u>GI</u>	12:00pm - 1:00pm Adult/Teen BJJ <u>NO GI</u>	12:00pm - 1:00pm Adult/Teen BJJ <u>GI</u>	4:30pm - 5:15pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	**August 6 only! 10am—11am Open Mat for Adult/Teen Women
3:30pm – 4:00pm Mini-Blinds BJJ (3-4 y/o) <u>NO GI</u>	4:00pm – 4:45pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	3:30pm – 4:00pm Mini-Blinds BJJ (3-4 y/o) <u>NO GI</u>	4:00pm – 4:45pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	5:15pm – 6:00pm Adult/Teen Open Mat	**August 6, 13 only! 11am—12pm Open Mat for Adult/Teen Members
4:00 pm - 4:30 pm Little Furies BJJ (5-7 y/o) <u>NO GI</u>	4:45pm – 5:15pm Little Furies BJJ (5-7 y/o) <u>NO GI</u>	4:00 pm - 4:30 pm Little Furies BJJ (5-7 y/o) <u>NO GI</u>	4:45pm – 5:15pm Little Furies BJJ (5-7 y/o) <u>NO GI</u>	5:15pm – 6:00pm Adult/Teen Kettle Jitsu Fitness	<i>Aug. 20 AGF Tournament@Columbus Convention Center!!</i>
4:30 pm - 5:15 pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	5:15pm – 5:45pm Mini-Blinds BJJ (3-4 y/o) <u>NO GI</u>	4:30 pm - 5:15 pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	5:15pm – 5:45pm Mini-Blinds BJJ (3-4 y/o) <u>NO GI</u>	6:00pm – 7:00pm Adult/Teen BJJ <u>GI</u>	
5:30–6:30pm Judo <u>GI</u> Kids (10&up)/ Teens/Adults	5:45pm – 6:30pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	5:30–6:30pm Judo <u>GI</u> Kids (10&up)/ Teens/Adults	5:45pm – 6:30pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>		
5:30-6:30pm Wrestling <u>NO GI</u> Kids (5&up)/Teens/Adults	6:30pm—7:30pm Adult/Teen BJJ <u>NO GI</u>	5:30-6:30pm Wrestling <u>NO GI</u> Kids (5&up)/Teens/Adults	6:30pm—7:30pm Adult/Teen BJJ <u>NO GI</u>		
6:30pm – 7:15pm Adult/Teen BJJ Fundamentals <u>GI</u>	7:30pm – 8:15pm Adult/Teen BJJ Fundamentals <u>GI</u>	6:30pm – 7:15pm Adult/Teen BJJ Fundamentals <u>GI</u>	7:30pm – 8:15pm Adult/Teen BJJ Fundamentals <u>GI</u>		
7:15pm – 8:15pm Adult/Teen BJJ <u>NO GI</u>		7:15pm – 8:15pm Adult/Teen BJJ <u>GI</u>			

Private Lessons by appointment.

Schedule subject to change.