



Jiu Jitsu Columbus January 2023 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> <i>*Jan. 7, 14, 21, 28</i>
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>	<i>*Jan. 7, 14, 21!</i> 11am—12pm Open Mat for Adult/Teen Members only!
3:30pm – 4:00pm Mini-Blinds BJJ (3-4 y/o) <u>GI</u>	4:00pm – 4:45pm Kid Warriors BJJ (5-11 y/o) <u>GI</u>	3:30pm – 4:00pm Mini-Blinds BJJ (3-4 y/o) <u>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	**JAN.28! SUPER JUDO SATURDAY SEMINAR W/SENSEI CHRIS!!
4:00 pm - 4:30 pm Little Furies BJJ (5-7 y/o) <u>GI</u>	4:45pm – 5:15pm Little Furies BJJ (5-7 y/o) <u>GI</u>	4:00 pm - 4:30 pm Little Furies BJJ (5-7 y/o) <u>GI</u>	4:45pm – 5:15pm Little Furies BJJ (5-7 y/o) <u>NO GI</u>	6:00pm – 7:00pm Adult/Teen BJJ <u>GI</u>	10AM-12PM! 10 Y/O &UP, JOIN US! FREE FOR MEMBERS!
4:30 pm - 5:15 pm Kid Warriors BJJ (5-11 y/o) <u>GI</u>	5:15pm – 5:45pm Mini-Blinds BJJ (3-4 y/o) <u>GI</u>	4:30 pm - 5:15 pm Kid Warriors BJJ (5-11 y/o) <u>GI</u>	5:15pm – 5:45pm Mini-Blinds BJJ (3-4 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>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> Teens(12&up)/Adults	6:30pm—7:30pm Adult/Teen BJJ <u>NO GI</u>	5:30-6:30pm Wrestling <u>NO GI</u> Teens(12&up)/Adults	6:30pm—7:30pm Adult/Teen BJJ <u>NO GI</u>		
6:30pm – 7:30pm Adult/Teen BJJ Fundamentals <u>GI</u>	7:30pm – 8:30pm Adult/Teen BJJ Fundamentals <u>NO GI</u>	6:30pm – 7:30pm Adult/Teen BJJ Fundamentals <u>GI</u>	7:30pm – 8:30pm Adult/Teen BJJ Fundamentals <u>NO GI</u>		
7:30pm – 8:30pm Adult/Teen BJJ <u>GI</u>		7:30pm – 8:30pm Adult/Teen BJJ <u>GI</u>			

Private Lessons by appointment.

Schedule subject to change.

****WE WILL BE CLOSED MONDAY JAN. 16!****