



Jiu Jitsu Columbus July 2024 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>
12:00pm - 1:00pm Adult/Teen BJJ All Levels <u>GI</u>	12:00pm - 1:00pm Adult/Teen BJJ All Levels <u>GI</u>	12:00pm - 1:00pm Adult/Teen BJJ All Levels <u>NO GI</u>	12:00pm - 1:00pm Adult/Teen BJJ All Levels <u>GI</u>	12:00pm - 1:00pm Adult/Teen BJJ All Levels <u>GI</u>
4:00pm - 4:45 pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	4:00pm - 4:45 pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	4:00pm - 4:45 pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	4:00pm - 4:45 pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	5:30pm – 6:00pm Adult/Teen Open Mat For Members All Levels <u>GI&NO GI</u>
4:45pm - 5:30 pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	4:45pm – 5:30pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	4:45pm - 5:30 pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	4:45pm – 5:30pm Kid Warriors BJJ (5-11 y/o) <u>NO GI</u>	6:00pm – 7:00pm Adult/Teen BJJ For Members All Levels <u>GI</u>
5:30pm—6:30pm Adult/Teen Judo for BJJ All Levels <u>GI</u>	5:30pm—6:30pm Adult/Teen BJJ Fundamentals <u>GI</u>	5:30pm—6:30pm Adult/Teen Judo for BJJ All Levels <u>GI</u>	5:30pm—6:30pm Adult/Teen BJJ Fundamentals <u>GI</u>	
5:30pm—6:30pm Adult/Teen Self-Defense All Levels <u>WORKOUT ATTIRE</u>	6:30pm – 8:00pm Adult/Teen BJJ All Levels <u>NO GI</u>	5:30pm—6:30pm Adult/Teen Self-Defense All Levels <u>WORKOUT ATTIRE</u>	6:30pm – 8:00pm Adult/Teen BJJ All Levels <u>NO GI</u>	
6:30pm – 7:30pm Adult/Teen BJJ Advanced <u>GI</u> (by instructor permission)	8:00pm—8:30pm Adult/Teen Open Mat All Levels <u>GI&NO GI</u>	6:30pm – 7:30pm Adult/Teen BJJ Advanced <u>GI</u> (by instructor permission)	8:00pm—8:30pm Adult/Teen Open Mat All Levels <u>GI&NO GI</u>	
7:30pm – 8:30pm Adult/Teen BJJ Fundamentals <u>GI</u>		7:30pm – 8:30pm Adult/Teen BJJ Fundamentals <u>GI</u>		

WE WILL BE CLOSED JULY 1-5!

Private Lessons are also offered by appointment; inquire in the office.

Schedule subject to change.