

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

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

Schedule subject to change.

CLOSED DEC. 23—31, HATSU GEIKO JAN. 1@12pm, ALL CLASSES RESUME JAN. 2, 2025