

ROOTED JIU JITSU CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ADULT BJJ (GI) AGES 16 & UP 6:00AM - 7:00AM		ADULT BJJ (GI) AGES 16 & UP 6:00AM - 7:00AM		ADULT BJJ (GI) 4X10'S AGES 16 & UP 6:00AM - 7:00AM	
	RESERVED FOR JAI YEN MUAY THAI 7:00AM-8:00AM		RESERVED FOR JAI YEN MUAY THAI 7:00AM-8:00AM		RESERVED FOR JAI YEN MUAY THAI 7:00AM-8:00AM	CARDIO WEIGHTLIFTING 8:30AM - 9:30AM
PARENT + KIDS OPEN MAT 9:00AM - 10:00AM						KIDS BJJ (NOGI) AGES 4-10 9:45AM - 10:30AM
ADULT OPEN MAT 10:00AM - 12:00PM						KIDS BJJ (NOGI) AGES 11 - 15 10:30AM - 11:30AM
		ADULT BJJ (GI) AGES 16 & UP 12:00PM - 1:00PM		ADULT BJJ (GI) AGES 16 & UP 12:00PM - 1:00PM		ADULT BJJ (NOGI) AGES 16 & UP 11:30AM - 1:00PM
	KIDS BJJ (GI) AGES 4 - 5 4:30PM - 5:15PM	RESERVED FOR SQUAD WRESTLING 3:30PM - 6:30PM	KIDS BJJ (GI) AGES 4 - 5 4:30PM - 5:15PM	RESERVED FOR SQUAD WRESTLING 3:30PM - 6:30PM	KIDS ADVANCED BJJ (AGES (5 - 10) 5:00PM - 6:00PM	
	KIDS BJJ (GI) AGES 6 - 10 5:15PM - 6:15PM		KIDS BJJ (GI) AGES 6 - 10 5:15PM - 6:15PM		KIDS ADVANCED BJJ (AGES 11 - 15) 6:00PM - 7:00PM	
	KIDS BJJ (GI) AGES 11 - 15 6:15PM - 7:15PM		KIDS BJJ (GI) AGES 11 - 15 6:15PM - 7:15PM			
	ADULT BJJ (GI) AGES 16 & UP 7:15PM - 8:30PM	CARDIO WEIGHTLIFTING 7:15PM - 8:15PM	ADULT BJJ (GI) AGES 16 & UP 7:15PM - 8:30PM	WOMENS CLASS AGES 13 & UP 7:15PM - 8:30PM		
	ADULT NOGI OPEN MAT 8:30PM - 9:00PM	RESERVED FOR JAI YEN MUAY THAI 8:30PM - 9:30PM	ADULT NOGI OPEN MAT 8:30PM - 9:00PM	RESERVED FOR JAI YEN MUAY THAI 8:30PM - 9:30PM		

STARTS FEBRUARY 1ST, 2025