

# ROOTED JIU JITSU CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	ADULT BJJ (GI) 6:00AM - 7:00AM		ADULT BJJ (GI) 6:00AM - 7:00AM		ADULT BJJ (GI) 10 MIN ROUNDS 6:00AM - 7:00AM		
ADULT OPEN MAT 8:00AM - 10:00AM						CARDIO WEIGHTLIFTING 8:30AM - 9:30AM	
	JAI YEN MUAY THAI 9:00AM-10:00AM		JAI YEN MUAY THAI 9:00AM-10:00AM		JAI YEN MUAY THAI 9:00AM-10:00AM	KIDS BJJ (NOGI) ALL AGES 9:45AM - 10:30AM	
RESERVED FOR PRIVATE LESSONS						ADULT BJJ (NOGI) 10:30AM - 11:30AM	
	KIDS BASICS BJJ (GI) AGES 4 - 5 4:30PM - 5:15PM	BENICIA WRESTLING 4:00PM - 7:00PM	KIDS BASICS BJJ (GI) AGES 4 - 5 4:30PM - 5:15PM	BENICIA WRESTLING 4:00PM - 7:00PM	RESERVED FOR PRIVATE LESSONS/ADDITIONAL TRAINING SESSIONS (BASED ON COACHES AVAILABILITY)		
	KIDS BJJ (GI) AGES 6 - 9 5:15PM - 6:15PM		KIDS BJJ (GI) AGES 6 - 9 5:15PM - 6:15PM				
	KIDS BJJ (GI) AGES 10 AND UP 6:15PM - 7:15PM		KIDS BJJ (GI) AGES 10 AND UP 6:15PM - 7:15PM				
	ADULT BJJ (GI) 7:15PM - 8:30PM	CARDIO WEIGHTLIFTING 7:15PM - 8:15PM	ADULT BJJ (GI) 7:15PM - 8:30PM	ADULT BJJ BASICS (GI) 7:15PM - 8:30PM			
	ADULT OPEN MAT 8:30PM - 9:00PM	JAI YEN MUAY THAI 8:30PM - 9:30PM	ADULT OPEN MAT 8:30PM - 9:00PM	JAI YEN MUAY THAI 8:30PM - 9:30PM			

STARTS JUNE 15TH, 2026