



AEGIS JIU JITSU • GUEST SCHEDULE

As of 2/6/20

SUN	MON		TUE	WED		THU	FRI	SAT
						6:00a No-Gi Jiu Jitsu 7:00a	6:00a Drilling 7:00a	
								10:00a Kids' Class 10:45a
11:00a Open Mat 12:30p								11:00a Open Mat 12:30p
	12:00p Drilling 1:00p		12:00p Adult Jiu Jitsu 1:00p	12:00p Drilling 1:00p		12:00p Adult Jiu Jitsu 1:00p	12:00p Drilling 1:00p	
	5:30p Kids' Class 6:15p	5:30p Athena Program 6:15p	5:30p Adult Kickboxing 6:15p	5:30p Kids' Class 6:15p	5:30p Athena Program 6:15p	5:30p Adult Kickboxing 6:15p		
	6:30p Adult Jiu Jitsu 8:00p			6:30p Adult Jiu Jitsu 8:00p				
			7:00p No-Gi Jiu Jitsu 8:30p			7:00p No-Gi Jiu Jitsu 8:30p		

LEGEND

Open to Adult (16+) Guests	Kids (6-15) Free Trials Only
Open to Female (16+) Guests	Aegis Members Only