



# AEGIS JIU JITSU • GUEST SCHEDULE

As of 5/26/21

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

## LEGEND:



Open to Adult (16+) Guests



Open to Kids (6-15) Free Trials



Open to Female (16+) Guests



New Student Sign-Up Session



Aegis Members Only

CALL OR TEXT!