



# AEGIS JIU JITSU • GUEST SCHEDULE

As of 10/22/20

SUN	MON	TUE	WED	THU	FRI	SAT
				7:00a No-Gi Jiu Jitsu 8:00a		
						10:00a Kids' Class 10:45a
						10:00a Athena Program 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 Kick-boxing 6:15p	5:30p Athena Program 6:15p	5:30p Kids' Class 6:15p	5:30p Kick-boxing 6:15p	5:30p Athena Program 6:15p
	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
- Kids (6-15) Free Trials Only
- Open to Female (16+) Guests
- Aegis Members Only