



AEGIS JIU JITSU • STUDENT SCHEDULE

As of 2/6/20

SUN	MON		TUE	WED		THU	FRI	SAT
						6:00a-7:00a No-Gi Jiu Jitsu	6:00a-7:00a Drilling	
								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

	Adult Jiu Jitsu Members		Athena Program Members
	Kids' Jiu Jitsu Members		Adult Jiu Jitsu & Athena Members