

# CMMNWLTH JIU JITSU SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM - 7:30AM	GI JIU JITSU	GI JIU JITSU	NOGI JIU JITSU	NOGI JIU JITSU	OPEN MAT	
10:00AM						KIDS NOGI JJ
11:00AM						LEG LOCKS
12:00PM - 1:30PM	GI JIU JITSU	GI JIU JITSU	NOGI JIU JITSU	NOGI JIU JITSU	OPEN MAT	COMP CLASS 12-2PM  JUDO 1-2PM
5:00PM	KIDS GI JJ	KIDS JUDO	KIDS NOGI JJ	KIDS NOGI JJ	KIDS JJ	
6:00PM		6-7:00PM JUDO				
6:30PM - 8:00PM	GI JIU JITSU	TAKEDOWNS WRESTLING	NOGI JIU JITSU	COMP CLASS 6:30PM - 8:30 PM	OPEN MAT	
8:30PM		GI JIU JITSU				

