

Danville Jiu Jitsu Wrestling & Kickboxing

www.danvillejiujitsu.com

effective 06/04/18

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00am Jiu Jitsu			9:00am Ladies JJ
9:30am	Muay Thai Kickboxing		Muay Thai Kickboxing		Muay Thai Kickboxing	
10:00am		Muay Thai Kickboxing		Muay Thai Kickboxing		Muay Thai Kickboxing
11:00am	Adult Jiu Jitsu	Executive JiuJitsu Drilling	Jiu Jitsu No Gi	Adult Jiu Jitsu	Adult Jiu Jitsu	Adult Open Mat No Gi
12:00pm		Summer Camp	Summer Camp	Summer Camp		
3:00pm	One on One Lessons	One on One Lessons	One on One Lessons	One on One Lessons	One on One Lessons	
4:00pm	Level 2 No Gi 4- 6 years	Level 2 Jiu Jitsu 4- 6 years	Kickboxing Kids 10 & up	Level 2 Jiu Jitsu 4- 6 years	Kickboxing Kids 10 & up	
5:00pm	Level 3 No Gi 7 and up	Level 3 Jiu Jitsu 7 and up	No Gi Wrestling 7 and up	Level 3 Jiu Jitsu 7 and up	Adult Open Mat JiuJitsu	
6:00pm	Adult Fundamental JJ	Adult Muay Thai Kickboxing	Adult Fundamental JJ	Adult Muay Thai Kickboxing	Muay Thai Kickboxing	
7:00 pm	Jiu Jitsu No Gi Open Mat	Adult/Executive Jiu Jitsu	Jiu Jitsu No Gi Open Mat	Adult/ Executive Jiu Jitsu		

* One on One Lessons can be scheduled at any non class time.