

theJiuJitsuMill ADULT CLASS SCHEDULE Effective 9/10/18

	Sun.	Mon.	Tues.	Wed.	Thurs.	Friday	Sat.
5:30am [↑]		Combat		Combat		Combat	
6:00am		Conditioning		Conditioning		Conditioning	
6:30am							
7:00am		Striking		Striking		Striking	
7:30am							
10:00am		BJJ All Levels	BJJ All Levels	No Gi BJJ All Levels	No Gi BJJ All Levels	No Gi BJJ All Levels	Striking
10:30am							
11:00am		Striking		Striking		Striking	
11:30am							
12:00 pm							Open Mat BJJ All Levels
12:30 pm							
5:00pm							
5:30pm						Striking	
6:00pm							
6:30pm		Striking		Striking		Sparring	
7:00pm							Wrestling
7:30pm		No Gi BJJ Fundamentals	No Gi BJJ All Levels	BJJ Fundamentals	BJJ All Levels	for Jiu Jitsu	
8:00pm		No Gi BJJ Advanced	Timed Free Rolling NoGi	Striking	BJJ Advanced	Timed Free Rolling BJJ	Striking
8:30pm							
9:00pm							
9:30pm							

BJJ All Levels 10 am: Mon/Tues 730 pm: Thurs
No Gi BJJ All Levels 10 am: Wed/Thurs/Fri 730 pm: Tues
BJJ Fundamentals 730 pm: Wed
No Gi BJJ Fundamentals 730 pm: Mon
Wrestling for Jiu Jitsu 7 pm: Fri
Striking 7am/11am: Mon/Wed/Fri 10am: Sat 530pm: Fri 630pm: Mon/Wed 830pm: Tues/Thurs
Combat Conditioning 530 am: Mon/Wed/Fri