

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							
9:30am		MMA Sparring		MMA Sparring		MMA Sparring	
10:00am		Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	NoGi BJJ (Sub-Wrestling)	NoGi BJJ (Sub-Wrestling)	NoGi BJJ (Sub-Wrestling)	Striking
10:30am							
11:00am		Striking	Brazilian Jiu-Jitsu	NoGi BJJ (Sub-Wrestling)	NoGi BJJ (Sub-Wrestling)	NoGi BJJ (Sub-Wrestling)	
11:30am				Striking		Striking	
12:00 pm							Open Mat BJJ & MMA Sparring
12:30 pm							
5:00pm							
5:30pm						Striking	
6:00pm						Sparring (Mixed)	
6:30pm		Striking		Striking			
7:00pm						Wrestling	
7:30pm		NoGi BJJ (Sub-Wrestling)	NoGi BJJ (Sub-Wrestling)	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu		
8:00pm							
8:30pm		NoGi BJJ (Sub-Wrestling)	NoGi BJJ (Sub-Wrestling)	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu		
9:00pm			Striking		Striking		
9:30pm							

Brazilian Jiu-Jitsu 10 am: Mon/Tues 730 pm: Wed/Thurs
NoGi BJJ (Sub Wrestling) 10 am: Wed/Thurs/Fri 730 pm: Mon/Tues
MMA Sparring 930 am: Mon/Wed/Fri 12 pm: Sat
Sparring (Mixed) 6 pm: Fri
Wrestling 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