

theJiuJitsuMill ADULT CLASS SCHEDULE Effective Feb 4

	Sun.	Mon.	Tues.	Wed.	Thurs.	Friday	Sat.
5:30am <sup>↑</sup>		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		BJJ All-Levels	BJJ All Levels	No Gi All Levels	No Gi All Levels	BJJ All-Levels	Striking
10:30am		Striking	Striking	Striking	Striking	Striking	
11:00am							
11:30am							
12:00 pm							Open Mat BJJ & MMA Sparring
12:30 pm							
5:00pm							
5:30pm						Striking	
6:00pm						Sparring (Mixed)	
6:30pm		Striking	No Gi Fndmntls*	Striking	BJJ Fndmntls*	Wrestling Focused No Gi	
7:00pm		No Gi All Levels	No Gi Advanced	BJJ All Levels	BJJ Advanced		
7:30pm			Striking		Striking		
8:00pm							
8:30pm							
9:00pm							
9:30pm							

**BJJ Fndmntls: 630 pm Thurs**

**BJJ Advncd: 730 pm Thurs**

**No Gi Fndmntls: 630 pm Tues**

**No Gi Advncd: 730 pm Tues**

**BJJ All Levels**  
**10 am: Mon/Tues/Fri**  
**730 pm: Wed**

**No Gi All Levels**  
**10 am: Wed/Thurs**  
**730 pm: Mon**

**Sparring (Mixed) 6 pm: Fri**    **MMA Sparring 930 am: M/W/F**  
**12 pm: Sat**

**Wrestling 7 pm: Fri**    **Combat Conditioning 530 am: M/W/F**

**Striking**  
**7am/11am: Mon/Wed/Fri**  
**10am: Sat**  
**530pm: Fri**  
**630pm: Mon/Wed**  
**830pm: Tues/Thurs**