

theJiuJitsuMill ADULT CLASS SCHEDULE Effective March 3

	Sun.	Mon.	Tues.	Wed.	Thurs.	Friday	Sat.
5:30am							
6:00am							
6:30am							
7:00am		Striking		Striking		Striking	
7:30am							
9:30am		MMA Sparring		MMA Sparring		MMA Sparring	
10:00am	Yoga	BJJ All-Levels	BJJ All Levels	No Gi BJJ All Levels	No Gi BJJ All Levels	BJJ All-Levels	Striking
10:30am							
11:00am		Striking		Striking		Striking	
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 BJJ Fndmntls*	Striking	BJJ Fndmntls*		
7:00pm						Wrestling Focused No Gi	
7:30pm		No Gi BJJ All Levels	No Gi BJJ Advanced	BJJ All Levels	BJJ Advanced		
8:00pm							
8:30pm			Striking		Striking		
9:00pm							
9:30pm							

BJJ Fndmntls: 630 pm Thurs

BJJ Advncd: 730 pm Thurs

No Gi BJJ - Fndmntls: 630 pm Tues

No Gi BJJ - Advncd: 730 pm Tues

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

No Gi BJJ - 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 **Yoga 10 am Sun**

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