

# TECHNIQUE JIU JITSU CLASS TIME TABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Little Jits (5-7 yrs) 9:30am-10:30am
Advanced Technique 11:00am-12:30pm	Advanced Technique 11:00am-12:30pm	Advanced Technique 11:00am-12:30pm	Advanced Technique (No-gi) 11:00am-12:30pm	Advanced Technique (No-gi) 11:00am-12:30pm	Junior Jits (8-12 yrs) 10:30am-11:30am
Foundation Technique 12:30pm-1:30pm	Foundation Technique 12:30pm-1:30pm	Foundation Technique 12:30pm-1:30pm	Foundation Technique 12:30pm-1:30pm	Foundation Technique 12:30pm-1:30pm	Jiu Jitsu Finesse (Women only) 11:30am-12:30pm
					Foundation Technique 12:30pm-1:30pm
					Advanced Technique 1:30pm-3:00pm
Little Jits (5-7 yrs) 4:00pm-5:00pm	Junior Jits Elite (by invitation) 4:00pm-5:00pm	Little Jits (5-7 yrs) 4:00pm-5:00pm	Junior Jits Elite (by invitation) 4:00pm-5:00pm		
Junior Jits (8-12 yrs) 5:00pm-6:00pm		Junior Jits (8-12 yrs) 5:00pm-6:00pm			
Foundation Technique 6:00pm-7:00pm	Foundation Technique 6:00pm-7:00pm	Foundation Technique 6:00pm-7:00pm	Foundation Technique 6:00pm-7:00pm	Foundation Technique 6:00pm-7:00pm	
Advanced Technique 7:00pm-8:30pm	Advanced Technique 7:00pm-8:30pm	Advanced Technique 7:00pm-8:30pm	Advanced Technique (No-gi) 7:00pm-8:30pm	Advanced Technique (No-gi) 7:00pm-8:30pm	

## AT TECHNIQUE JIU JITSU WE ARE IN THE SKILL BUSINESS & PROVIDING YOU WITH GREAT TECHNIQUE COMES FIRST!

We are dedicated to providing you with the most practical and effective skill set imaginable in the safe, friendly and clean environment you deserve. We do this by getting you started in our beginner or "Foundation" courses. Here you will gain the technical foundation to utilize Jiu Jitsu for your personal goals, be they self-defense, physical activity or competition. We provide all new students training in our Foundation courses with 10 calendar days of free classes prior to making a commitment to further training. Of course, you can enroll at any time during this trial period, but you are under no obligation to join. If for some reason it is not what you are looking for, no problem! It won't cost you anything to give it a try. No experience is necessary to get started, we think that you will love it, so speak to our reception staff today about booking your introductory class. See you on the mat!