



AEGIS JIU JITSU • GUEST SCHEDULE

As of 10/02/25

| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------------------|--|--|--|--|---------------------------------|---------------------------------------|
| | 6:00a Open Mat 7:00a | 6:00a Open Mat 7:00a | 6:00a Open Mat 7:00a | | | |
| | | | | | | 9:30a Kids' Class 10:15a |
| | | | | | | 10:15a Athena Program 11:00a |
| 11:00a Open Mat 12:30p | | | | | | 11:00a Open Mat 12:30p |
| | 12:00p Adult Fundamentals 1:00p | 12:00p Adult Jiu Jitsu 1:00p | 12:00p Adult Jiu Jitsu 1:00p | 12:00p Adult Jiu Jitsu 1:00p | 12:00p Drilling 1:00p | |
| | | | 5:00p Beginners Kids' Class 5:30p | | | |
| | 5:30p Kids' Class 6:15p | 5:30p Beginners Kids' Class 6:15p | 5:30p Kids' Class 6:15p | | | |
| | 6:30p Adult Jiu Jitsu 8:00p | 6:30p No-Gi Jiu Jitsu 8:00p | 6:30p Adult Jiu Jitsu 8:00p | 6:30p Women's Jiu Jitsu & Adult Fundamentals 8:00p | 6:30p Marathon Roll 7:30p | |

LEGEND: Open to Adult (16+) Guests Open to Kids (6-15) Free Trials Open to Female (16+) Guests Aegis Members Only

HOLIDAY CLOSURES • **The studio is closed annually in observance of the following holidays:** New Year's Day; Easter Sunday; Memorial Day; Independence Day; Labor Day; Thanksgiving Day; Black Friday; Christmas Eve; Christmas Day; New Year's Eve

CALL OR TEXT!