

# AEGIS JIU JITSU • GUEST SCHEDULE

As of 2/18/24

SUN	MON	TUE	WED	THU	FRI	SAT
						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 Fundamentals 8:00p	6:30p No-Gi Jiu Jitsu 8:00p		

**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

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

CALL OR TEXT!



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