



AEGIS JIU JITSU • STUDENT SCHEDULE

As of 9/6/22

SUN	MON	TUE	WED	THU	FRI	SAT	
						10:00a Kids' Class 10:45a	10:00a Athena Program 10:45a
11:00a Open Mat 12:30p						11:00a Open Mat 12:30p	
	12:00p Drilling 1:00p	12:00p Adult Jiu Jitsu 1:00p	12:00p Drilling 1:00p	12:00p Adult Jiu Jitsu 1:00p	12:00p Drilling 1:00p		
	5:30p Kids' Class 6:15p	5:30p Kids' Foundations 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 No-Gi Jiu Jitsu 8:00p			

LEGEND

- Adult Jiu Jitsu Members
- Athena Program Members
- Kickboxing Members
- Kids' Jiu Jitsu Members
- Adult Jiu Jitsu & Athena Members