

# AEGIS JIU JITSU • GUEST SCHEDULE

As of 1/2/23

SUN	MON	TUE	WED	THU	FRI	SAT
						N.S.S.U.S. 10:45a -11:00a
						10:00a Kids' Class 10:45a
						10:00a Athena Program 10:45a
11:00a Open Mat 12:30p						11:00a Open Mat 12:30p
		N.S.S.U.S. 11:45a -12:00p		N.S.S.U.S. 11:45a -12:00p		N.S.S.U.S. 12:30p -1:00p
	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	
		N.S.S.U.S. 1:00p -1:15p		N.S.S.U.S. 1:00p -1:15p		
	N.S.S.U.S. 5:15p - 5:30p		N.S.S.U.S. 5:15p - 5:30p			
	5:30p Kids' Class 6:15p		5:30p Kids' Class 6:15p			
	N.S.S.U.S. 6:15p - 6:30p		N.S.S.U.S. 6:15p - 6:30p			
	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		

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   New Student Sign-Up Session   Aegis Members Only ↘ CALL OR TEXT!