

ROOTED JIU JITSU CLASS SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|--|
| | ADULT BJJ (Gi) AGES 16 & UP 6:00AM - 7:00AM | | ADULT BJJ (Gi) AGES 16 & UP 6:00AM - 7:00AM | | ADULT BJJ (Gi) 4X10'S AGES 16 & UP 6:00AM - 7:00AM | |
| | RESERVED FOR PANTHER MUAY THAI 7:00AM-8:00AM | | RESERVED FOR PANTHER MUAY THAI 7:00AM-8:00AM | | RESERVED FOR PANTHER MUAY THAI 7:00AM-8:00AM | CARDIO WEIGHTLIFTING 8:30AM - 9:30AM |
| PARENT + KIDS OPEN MAT 9:00AM - 10:00AM | | | | | | KIDS BJJ (NOGI) AGES 4-10 9:45AM - 10:30AM |
| ADULT OPEN MAT 10:00AM - 12:00PM | | ADULT BJJ (Gi) AGES 16 & UP 12:00PM - 1:00PM | | ADULT BJJ (Gi) AGES 16 & UP 12:00PM - 1:00PM | | KIDS BJJ (NOGI) AGES 11 - 15 10:30AM - 11:30AM |
| | | | | | | ADULT BJJ (NOGI) AGES 16 & UP 11:30AM - 1:00PM |
| | | | | | | |
| | KIDS BJJ (Gi) AGES 4 - 5 4:30PM - 5:15PM | RESERVED FOR SQUAD WRESTLING 3:30PM - 6:30PM | KIDS BJJ (Gi) AGES 4 - 5 4:30PM - 5:15PM | RESERVED FOR SQUAD WRESTLING 3:30PM - 6:30PM | KIDS ADVANCED BJJ (AGES 5-10) 5:00PM - 6:00PM | |
| | KIDS BJJ (Gi) AGES 6 - 10 5:15PM - 6:15PM | | KIDS BJJ (Gi) AGES 6 - 10 5:15PM - 6:15PM | | KIDS ADVANCED BJJ (AGES 11-15) 6:00PM - 7:00PM | |
| | KIDS BJJ (Gi) AGES 11 - 15 6:15PM - 7:15PM | | KIDS BJJ (Gi) AGES 11 - 15 6:15PM - 7:15PM | WOMENS OPEN MAT 7PM - 7:30PM | | |
| | ADULT BJJ (Gi) AGES 16 & UP 7:15PM - 8:30PM | CARDIO WEIGHTLIFTING 7:15PM - 8:15PM | ADULT BJJ (Gi) AGES 16 & UP 7:15PM - 8:30PM | WOMENS CLASS AGES 13 & UP 7:30PM - 8:30PM | | |
| | ADULT NOGI OPEN MAT 8:30PM - 9:00PM | RESERVED FOR PANTHER MUAY THAI 8:30PM - 9:30PM | ADULT NOGI OPEN MAT 8:30PM - 9:00PM | RESERVED FOR PANTHER MUAY THAI 8:30PM - 9:30PM | | |

Starts February 1st, 2025