

## **Valley Brazilian Jiu Jitsu Class Schedule:**



### **\*\*Monday:\*\***

- Kids NoGi: 6:00-7:00pm
- Advanced Adults NoGi: 7:00-7:45pm
- Open Mat: 7:45-8:45pm

### **\*\*Tuesday:\*\***

- Beginner Adult NoGi: 6:00-6:45pm
- Advanced Adult NoGi: 7:00-7:45pm
- Open Mat: 7:45-8:45pm

### **\*\*Wednesday:\*\***

- Adult All Levels NoGi: 10:00-11:00am
- Kids Gi: 6:00-7:00pm
- Gi Adult: 7:00-7:45pm
- Open Mat: 7:45-8:45pm

### **\*\*Thursday:\*\***

- Beginner Adult NoGi: 6:00-6:45pm
- Competition Class NoGi: 7:00-7:45pm
- Open Mat: 7:45-8:45pm

### **\*\*Friday:\*\***

- Adult NoGi Open Mat: 7:00-8:30pm

### **\*\*Saturday:\*\***

- Kids NoGi: 9:30-10:30am
- Adult NoGi: 10:30-11:15am
- Open Mat: 11:15-12:15pm

### **\*\*Sunday:\*\***

- Closed

### **\*\*\*Private Jiu Jitsu Classes Available\*\*\***

*Students looking to further refine their grappling skills are able to schedule private Brazilian Jiu-Jitsu classes from instructors. In these 1-on-1 sessions, instructors are able to provide personalized attention and help students looking to further refine their game. Private lesson rates and schedule vary by instructor.*