	Virginia Beach Jiu-Jitsu Schedule																
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY	SUNDAY	
LARGE MAT	SMALL MAT 1	SMALL MAT 2	LARGE MAT	SMALL MAT 1	SMALL MAT 2	LARGE MAT	SMALL MAT 1	SMALL MAT 2	LARGE MAT	SMALL MAT 1	SMALL MAT 2	LARGE MAT	SMALL MAT 1	SMALL MAT 2	LARGE MAT	LARGE MAT	
															WOMEN'S TEAM		
															9:00AM-10:00AM*		
												JIUJITSU DRILLING			OPEN MAT	OPEN MAT	
						ADULT BJJ			ADULT BJJ			11:00AM-12:00PM*			10:00AM-12:00PM*	10:00AM-12:00PM*	
						All Levels			All Levels			OPEN MAT					
						11am-1pm*			11am-1pm*			12:00PM-1:00PM*					
													1				
YOUTH BJJ			YOUTH BJJ	LITTLE SAMURAI		YOUTH BJJ	•		YOUTH BJJ	LITTLE SAMURAI		YOUTH BJJ		WOMEN'S			
Advanced			Junior Samurai	(Ages 4-6)		Junior Samurai			Junior Samurai	(Ages 4-6)		Youth Team Training		TEAM			
Junior Samurai		YOUTH BJJ	(Ages 7+)	5:00-5:40PM*		No Gi			(Ages 7+)	5:00-5:40PM*				5:00PM-			
(Ages 7+)		All Levels	5:00-6:00PM*	LITTLE SAMURAI		(Ages 7+)			5:00-6:00PM*	LITTLE SAMURAI		5:00-6:00PM*		6:00PM*			
5:00-6:00PM*		Junior Samurai		(Ages 4-6)		5:00-6:00PM*				(Ages 4-6)							
ADULT BJJ	ADULT BJJ	(Ages 7+)	ADULT BJJ	5:45-6:30PM*	ADULT BJJ	ADULT BJJ		ADULT BJJ	ADULT BJJ	5:45-6:30PM*	ADULT BJJ		_				
All levels	Fundamentals	5:30-6:30PM*	All levels		Fundamentals	All levels	YOUTH BJJ	Fundamentals	All levels No Gi/Gi		Fundamentals	ADULT BJJ					
6:00-8:00PM*	6:00-7:15PM*		6:00-8:00PM*		6:00-7:15PM*	6:00-8:00PM*	Junior Samurai (Ages 7+)	6:00-7:15PM*	6:00-8:00PM*		6:00-7:15PM*	NO GI All levels			*Schedule S	ubject to change please call	to verify
							6:30-7:30PM*					6:30-8:00PM*					
							0.30-7.30FW					0.30-0.00FW					