

### Virginia Beach Jiu-Jitsu Schedule

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY				
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	SMALL MAT 1	SMALL MAT 2		
																		WOMEN'S TEAM 9:00AM-10:00AM* OPEN MAT 10:00AM-12:00PM* YOGA 10:15-11:15AM*	
	ADULT TEAM TRAINING 4:00PM-5:30PM					ADULT BJJ All Levels 12PM-1PM*							ADULT COMP TRAINING 4:30-6:00PM*					WOMEN'S TEAM 5:00PM-6:00PM*	
YOUTH BJJ Advanced Junior Samurais (Ages 7+) 5:00-6:00PM*			YOUTH BJJ Junior Samurais (Ages 7+) 5:00-6:00PM*	LITTLE SAMURAI (Ages 4-6) 5:00-5:40PM*	LITTLE SAMURAI (Ages 4-6) 5:00-6:00PM*	YOUTH BJJ Junior Samurais (Ages 7+) No GI 5:00-6:00PM*			YOUTH BJJ Junior Samurais (Ages 7+) 5:00-6:00PM*	LITTLE SAMURAI (Ages 4-6) 5:00-5:40PM*	LITTLE SAMURAI (Ages 4-6) 5:45-6:30PM*	YOUTH BJJ Youth Team Training 5:00-6:00PM*							
ADULT BJJ All levels 6:00-8:00PM*	ADULT BJJ Fundamentals 6:00-7:15PM*	YOUTH BJJ Junior Samurais (Ages 7+) 5:30-6:30PM*	ADULT BJJ All levels 6:00-8:00PM*		ADULT BJJ Fundamentals 6:00-7:15PM*	ADULT BJJ All levels 6:00-8:00PM*	YOUTH BJJ Junior Samurais (Ages 7+) 6:30-7:30PM*	ADULT BJJ Fundamentals 6:00-7:15PM*	ADULT BJJ All levels 6:00-8:00PM*		ADULT BJJ Fundamentals 6:00-7:15PM*	ADULT BJJ NO GI All levels 6:30-8:00PM*							
																			*Schedule Subject to change

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	ADULT TEAM TRAINING 4:00PM-5:30PM					ADULT BJJ All Levels 12PM-2PM*							ADULT COMP TRAINING 4:30-6:00PM*					WOMEN'S TEAM 5:00PM-6:00PM*	
YOUTH BJJ Advanced Junior Samurais (Ages 7+) 5:00-6:00PM*			YOUTH BJJ Junior Samurais (Ages 7+) 5:00-6:00PM*	LITTLE SAMURAI (Ages 4-6) 5:00-5:40PM*	LITTLE SAMURAI (Ages 4-6) 5:45-6:30PM*	YOUTH BJJ Junior Samurais (Ages 7+) 5:00-6:00PM*			YOUTH BJJ Junior Samurais (Ages 7+) 5:00-6:00PM*	LITTLE SAMURAI (Ages 4-6) 5:00-5:40PM*	LITTLE SAMURAI (Ages 4-6) 5:45-6:30PM*	YOUTH BJJ Youth Team Training 5:00-6:00PM*							
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