

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM Morning Rolls	12:00 PM No-Gi Leg Locks	6:00 AM Morning Rolls	12:00 PM No-Gi Jiu-Jitsu	12:00 PM No-Gi Live Drills
12:00 PM No-Gi Jiu-Jitsu	5:00 PM Kids Jiu-Jitsu	12:00 PM No-Gi Sparring	5:00 PM Gi Fundamentals <small>(free for veterans)</small>	5:00 PM Gi Live Drills
5:00 PM Kids Jiu-Jitsu (Gi)	6:00 PM No-Gi Leg Locks	5:00 PM Kids Jiu-Jitsu	6:00 PM Takedown Fundamentals	6:00 PM No-Gi Fundamentals
6:00 PM Gi Fundamentals	7:00 PM No-Gi Escapes	6:00 PM Intro to Jiu-Jitsu	6:00 PM * Leg Lock Fundamentals	7:00 PM Panda Class
7:00 PM No-Gi Fundamentals	8:00 PM Eco (Task based)	6:30 PM No-Gi Fundamentals	7:00 PM No-Gi Fundamentals + KOTH Sparring	7:30 PM * MMA Striking
8:00 PM MMA Striking		7:30 PM * MMA Wall Work		



V.O.W. BJJ

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SATURDAY

10:30 AM
No-Gi Takedowns

5:00 PM
No-Gi Jiu-Jitsu

SUNDAY

12:00 PM
Women's No-Gi

2:00 PM
Open Mat

\$25 Class Pass available online or at the gym.

Non-Member drop-ins are welcomed!

(*MAT 2)