

CAVEIRINHA JIU JITSU ROWLAND HEIGHTS

2023

MORNING CLASS

MON	TUE	WED	THUR	FRI	SAT	SUN
	JIU JITSU (GI) ADULTS 10:00AM-11:00AM COMING SOON		JIU JITSU (GI) ADULTS 10:00AM- 11:00AM		KIDS/JUNIORS 10:00AM-11:00AM JIU JITSU (GI) ADULTS 11:00AM-12:00PM	ADULTS (OPEN MAT) 11:00AM-12:00PM

EVENING CLASS

MON	TUE	WED	THUR	FRI	SAT
KIDS (4yr-7yr) 5:00PM-6:00PM		KIDS (4yr-7yr) 5:00PM-6:00PM			
JUNIORS (8y-14y) 6:00PM-7:00PM	JUNIORS (8y-14y) 6:00PM-7:00PM	JUNIORS (8y-14y) 6:00PM-7:00PM	JUNIORS (8y-14y) 6:00PM-7:00PM	JUNIORS (OPEN MAT) 6:30PM-7:30PM	
JIU JITSU (GI) (ADULTS) 7:00PM-8:30PM	JIU JITSU (GI) (ADULTS) 7:00PM-8:30PM	JIU JITSU (GI) (ADULTS) 7:00PM-8:30PM	JIU JITSU (NO-GI) 7:00PM-8:00PM	ADULTS (OPEN MAT) 7:30PM-8:30PM	
			MUAY THAI (ADULTS) 8:00PM-9:00PM		