

THOUSAND OAKS

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KIDS JIU JITSU						
KIDS: 3- 6 YEARS OLD		4:00pm - 4:30pm		4:00pm - 4:30pm		
JUNIORS: 6-9 YEARS OLD	4:15pm - 5:00pm	4:30pm - 5:15pm	4:15pm - 5:00pm	4:30pm - 5:15pm		
TEENS: 10-13 YEARS OLD	5:15pm - 6:00pm	5:30pm - 6:15pm	5:15pm - 6:00pm	5:30pm - 6:15pm		
PARENTS AND KIDS						9:30am - 10:00am
JUNIORS BLACK BELT CLUB: 6-9 YEARS OLD	4:15pm - 5:15pm	4:30pm - 5:30pm	4:15pm - 5:15pm	4:30pm - 5:30pm		
TEENS BLACK BELT CLUB: 10-13 YEARS OLD	5:15pm - 6:15pm	5:30pm - 6:30pm	5:15pm - 6:15pm	5:30pm - 6:30pm		
COMPETITION TEENS & JUNIORS BKACK BELT CLUB					5:00pm - 6:00pm	
ADULT JIU JITSU						
FUNDAMENTALS	11:45am - 12:30pm 6:15pm - 7:00pm	9:30am - 10:15am	11:45am - 12:30pm 6:15pm - 7:00pm	9:30am - 10:15am		
ALL LEVEL	6:15pm - 7:00pm		6:15pm - 7:00pm			10:00pm - 11:00pm
INTERMEDIATE	12:30pm - 1:30pm	6:30pm - 7:30pm	12:30pm - 1:30pm	6:30pm - 7:30pm		
NO GI					12:00pm - 1:00pm	
OPEN MAT GI AND NO GI	1:30pm - 2:30pm 7:00pm - 8:00pm	10:15am - 10:45am 7:30pm - 8:00pm	1:30pm - 2:30pm 7:00pm - 8:00pm	10:15am - 10:45am 7:30pm - 8:00pm	1:00pm - 2:00pm 6:00pm - 7:00pm	11:00am - 12:00pm
KETTLEBELLS					6:00pm - 7:00pm	

FUNDAMENTALS:

OPEN TO ALL STUDENTS

BLACK BELT CLUB:

**OPEN TO ALL STUDENTS WHO HAVE COMPLETED 40 FUNDAMENTAL CLASSES
(ADVANCE, INTERMEDIATE, NO GI AND OPEN MAT)**

ALL LEVELS:

OPEN TO ALL STUDENTS

