

VENTURA

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	5:30pm - 6:15pm	4:30pm - 5:15pm	5:30pm - 6:15pm	4:30pm - 5:15pm		
TEENS: 10-13 YEARS OLD	4:30pm - 5:15pm	5:30pm - 6:15pm	4:30pm - 5:15pm	5:30pm - 6:15pm		
PARENTS AND KIDS						9:30am - 10:00am
JUNIORS BLACK BELT CLUB: 6-9 YEARS OLD	5:30pm - 6:30pm	4:30pm - 5:30pm	5:30pm - 6:30pm	4:30pm - 5:30pm	5:00pm - 6:00pm	
TEENS BLACK BELT CLUB: 10-13 YEARS OLD	4:30pm - 5:30pm	5:30pm - 6:30pm	4:30pm - 5:30pm	5:30pm - 6:30pm	5:00pm - 6:00pm	
ADULT JIU JITSU						
FUNDAMENTALS	9:30am - 10:15am 5:45pm - 6:30pm	11:45am - 12:30pm 6:30pm - 7:15pm	9:30am - 10:15am 5:45pm - 6:30pm	11:45am - 12:30pm 6:30pm - 7:15PM		10:15am - 11:00am
INTERMEDIATE	6:30 pm - 7:30pm	12:30pm - 1:30pm 5:30pm - 6:30pm	6:30pm - 7:30pm	12:30pm - 1:30pm 5:30pm - 6:30pm	6:00pm - 7:00pm	11:00am - 12:00pm
NO GI		6:30pm - 7:30pm		6:30pm - 7:30pm		
COMPETITION CLASS		7:30pm - 8:30pm				
OPEN MAT GI AND NO GI	10:15am - 10:45am 7:30pm - 8:00pm		10:15am - 10:45am 7:30pm - 8:00pm	7:30pm - 8:30pm	7:00pm - 8:00pm	12:00pm - 12:30pm
MUAY THAI						9:00am-10:00am
KETTLEBELLS	8:00am - 9:00am 5:30pm - 6:30pm		8:00am - 9:00am 5:30pm - 6:30pm		8:00am - 9:00am 5:30pm - 6:30pm	

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)**

