

# THOUSAND OAKS

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>KIDS JIU JITSU</b>							
KIDS ( ALL LEVELS ) 3 - 4 YEARS OLD	3:30 pm - 4:00pm		3:30 pm - 4:00 pm		3:30 pm - 4:00 pm		
KIDS-1 ( ALL LEVELS ) 5 - 7 YEARS OLD		3:30 pm - 4:10 pm		3:30 pm - 4:10 pm	3:30 pm - 4:00 pm		
JUNIORS FUNDAMENTAL ( WHITE AND WHITE/GRAY BELT ) 7 - 9 YEARS OLD	4:00 pm - 5:00 pm	4:10 pm - 5:00 pm	4:00 pm - 5:00 pm	4:10 pm - 5:00 pm	4:00 pm - 5:00 pm		
TEENS FUNDAMENTAL ( WHITE AND WHITE/GRAY BELT ) 10 - 13 YEARS OLD	4:00 pm - 5:00 pm	4:10 pm - 5:00 pm	4:00 pm - 5:00 pm	4:10 pm - 5:00 pm	4:00 pm - 5:00 pm		
JUNIORS BLACK BELT CLUB ( WHITE/YELLOW BELT AND ABOVE) 7- 9 YEARS OLD	5:00 pm - 6:00 pm	4:10 pm - 5:00 pm	5:00 pm - 6:00 pm	4:10 pm - 5:00 pm			
TEENS BLACK BELT BLACK CLUB ( WHITE/YELLOW BELT AND ABOVE) 10 - 13 YEARS OLD	5:00 pm - 6:00 pm		5:00 pm - 6:00 pm				
NO GI SUPER TRAINING ( Black Belt club ONLY) 7 - 13 YEARS OLD					5:00 pm - 6:00 pm		
PARENTS AND KIDS						9:30 am - 10:00 am	
<b>ADULT JIU JITSU</b>							
FUNDAMENTAL JIU JITSU	7:00 am - 8:00 am 6:00pm - 7:00pm		7:00 am - 8:00 am 6:00pm - 7:00pm				
ADVANCE JIU JITSU	6:00 pm - 7:00 pm	9:30 am- 10:30 am	6:00 pm - 7:00 pm	9:30 am- 10:30 am			
ALL LEVELS	7:00 am - 8:00 am		7:00 am - 8:00 am			10:00 am - 11:0am	
NO-GI		6:00 pm - 7:00 pm		6:00 pm - 7:00 pm			
OPEM MAT ADVANCE ( Gi and NO-Gi )	8:00 am - 8:30am 7:00 pm - 8:00 pm	10:30am- 11:30 am 7:00 pm - 8:00pm	8:00 am - 8:30am 7:00 pm - 8:00 pm	10:30am- 11:30 am 7:00 pm - 8:00pm	6:00 pm - 7:00pm	11:00 am - 12:00 pm	
( EVREY OTHER SUNDAY ) COMPETITION CLASS							10:00 am - 11:30 am
<b>KETTLEBELLS</b>		5:00 pm - 6:00 pm		5:00 pm - 6:00 pm		8:15 am - 9:15 am	
ADULT INTERMEDIATE, ADULT ADVANCE, NO-GI and open mat is to students who finish 24 FUNDAMENTAL classes and got invited							

