

## VR Jiu-Jitsu HQ Timetable of Classes

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
TIME	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2
9:00 am											Open Mat NoGi		Sambo Gi or NoGi	
9:30 am														
10:00 am			Adults Gi General				Adults Gi General						Leg Locks NoGi or Gi	
10:30 am														
11:00 am													Open Mat NoGi or Gi	
11:30 am														
12:00 pm														
3:30 pm														
4:00 pm	Kids 5-7 Gi				Kids 5-7 Gi				Kids 5-7 NoGi					
4:15 pm		Kids 8-12 Gi				Kids 8-12 Gi				Kids 8-12 NoGi				
4:30 pm	Adults Gi General				Adults Gi Fundamentals				Adults Gi General					
5:00 pm		Teens Gi				Teens Gi				Teens NoGi				
5:30 pm														
6:00 pm	Adults NoGi General			Adults NoGi Fundamentals			Adults Gi Fundamentals							
6:30 pm														
7:00 pm	Adults Gi Fundamentals													
7:30 pm		Adults Gi Advanced		Adults NoGi General		Adults Gi General								
8:00 pm														
8:30 pm														

PRIVATE LESSONS	ADULT CLASSES	KIDS 5-7 CLASSES	KIDS 8-12 CLASSES	TEENS CLASSES
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Gi uniform required for all Gi classes, and NoGi uniform required for all NoGi classes.