LIGHTHOUSE JIU JITSU
CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00 AM	ADULT **NO GI**	ADULT **GI**	ADULT **NO GI**	ADULT **GI**		
10:00 AM						BIGS (8-15)* **OPEN MAT**
11:00 AM						ADULT* **OPEN MAT**
04:15 PM	LITTLES (4-8) **GI**	LITTLES (4-8) **NO GI**	LITTLES (4-8) **GI**	LITTLES (4-8) **NO GI**		
05:00 PM	BIGS (8-15) **GI**	BIGS (8-15) **NO GI**	BIGS (8-15) **GI**	BIGS (8-15) **NO GI**	12 & UP **ROAD TO BLUE BELT**	
06:00 PM	ADULT* **BASICS - GI**	ADULT **NO GI**	ADULT **GI**	ADULT **NO GI**	ADULTS* **COMP & DRILLS**	
07:00 PM			10 & UP **WRESTLING**		ADULTS* **MMA**	

*Monday Basics: Drills & Situational Rolling (great for beginners)
*Comp & Drills: 2-stripe white belts & up
*MMA: 4oz MMA gloves
*Open Mat: Gi on odd-numbered months. No-Gi on even-numbered months