



CLASS SCHEDULE

29487 THE OLD ROAD, CASTAIC, CA 91384 JIYUBJJ@GMAIL.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						Youth Comp Class (Gi & No-Gi) Instructors: Prof. Ray Sensei Luke Coach Bella	
10:00 AM	Martial Arts (INTRO) Ages 7+ Instructor: Sir Dale		Youth BJJ (with GI) All levels Instructor: Prof. Ray				
11:00 AM	Women's Self-Defense		Women's Self-Defense	Adults BJJ (No-GI) Instructor: Prof. Ron	Adults BJJ (with GI) Instructor: Prof. Ron	Adults BJJ (No-GI) Instructor: Prof. Ray	Adults BJJ (No-GI) Instructor: Prof. Hesse
12:00 PM	CLOSED TILL 3PM After School Program from 3 to 6	CLOSED TILL 3PM After School Program from 3 to 6	CLOSED TILL 1PM After School Program from 1 to 6	CLOSED TILL 3PM After School Program from 3 to 6	CLOSED TILL 3PM After School Program from 3 to 6		
4:00 PM	Martial Arts/Grappling Ages 3 - 6 Instructor: Sir Dale	Martial Arts Ages 7+ Instructor: Sir Dale	Martial Arts/Grappling Ages 3 - 6 Instructor: Sir Dale	Martial Arts/Grappling Ages 3 - 6 Instructor: Sir Dale	Martial Arts Ages 7+ Instructor: Sir Dale		
5:00 PM	Youth BJJ (with GI) Intermediate / Advance Instructor: Prof. Ray	Youth BJJ (No-GI) Intermediate / Advance Instructor: Prof. Ray	Youth BJJ (No-GI) All Levels Instructor: Prof. Ron	Youth BJJ (with GI) Intermediate / Advance Instructor: Prof. Ron	Judo All Ages Instructor: Sensei Luke		
6:00 PM	Youth BJJ (with GI) Fundamentals Instructor: Coach Marvin	SPLIT CLASS Women's Self-Defense Cardio / Fitness	Martial Arts Teens / Adults Instructor: Sir Dale	Youth BJJ (with GI) Fundamentals Instructor: Coach Marvin	SPLIT CLASS Martial Arts (Sir Dale) BJJ all ages (Prof. Ron)		
7:00 PM	Adults BJJ (with GI) Instructor: Prof. Ray	Adults BJJ (No- GI) Instructor: Prof. Leo	Adults BJJ (No-GI) Instructor: Prof. Ron	Adults BJJ (with GI) Instructor: Prof. Ron			
8:00 PM	ADULTS OPEN MAT	ADULTS OPEN MAT	ADULTS OPEN MAT	ADULTS OPEN MAT			