

## Carolina Family Jiu Jitsu Class Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>
	5:30 - 6:30 AM Adult Jiu Jitsu		5:30 - 6:30 Adult No gi Jiu Jitsu	<i>No Class</i>	10:00 - 10:30 AM <i>No Class</i>	
					10:30 - 11:30 AM Adult Open Mat	
<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>			
5:30 - 6:30 PM Kids Jiu Jitsu	5:30 - 6:30 PM Kids Jiu Jitsu	5:30 - 6:30 PM Kids No Gi Jiu Jitsu	5:30 - 6:30 PM Kids Jiu Jitsu			
6:30 - 7:30 PM Adult Fundamentals	6:30 - 7:30 PM Adult Fundamentals	6:30 - 7:30 PM Adult No Gi Fundamentals	6:30 - 7:30 PM Adult Fundamentals			
7:30 - 8:30 PM Advanced Rolling	7:30 - 8:30 PM Advanced Rolling	7:30 - 8:30 PM Advanced Rolling	7:30 - 8:30 PM Advanced Rolling			