

Vibrant Jiu Jitsu

Updated & effective March 23, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 AM

12:00 PM	Adult All-Levels (Gi) 11:30am - 12:30pm	.	Adult All-Levels (Gi) 11:30am - 12:30pm	.	.	Week in Review - Adults & Kids / Open Mat (Gi Optional) 11:30am - 12:30pm

1:00 PM

5:00 PM	Jungle Kids Jiu Jitsu (Age 5-14) (Gi) 5 - 6pm	Little Cubs Jiu Jitsu (Age 4-7) (Gi) 5:20 - 6pm	Jungle Kids Jiu Jitsu (Age 5-14) (Gi Optional) 5 - 6pm	Little Cubs Jiu Jitsu (Age 4-7) (Gi Optional) 5:20 - 6pm	Week in Review - Adults / Open Mat (Gi Optional) 5:30 - 6:30pm	.
6:00 PM	Adult Fundamentals (Gi) 6 - 7pm	Jungle Kids Jiu Jitsu (Age 5-14) (No Gi) 6 - 7pm	Adult Fundamentals (Gi Optional) 6 - 7pm	Jungle Kids Jiu Jitsu (Age 5-14) (Gi Optional) 6 - 7pm	.	.
7:00 PM	Advanced Jiu Jitsu / Open Mat (Gi) 7 - 8pm	Adult Fundamentals (No Gi) 7 - 8pm	Advanced Jiu Jitsu / Open Mat (Gi Optional) 7 - 8pm	Adult Fundamentals / Open Mat (Gi Optional) 7 - 8pm	.	.
8:00 PM
