

Darkside Jiu Jitsu and Kickboxing Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am							
8:30am-9:30am							
9am-10am							
12pm-1pm						Adults Gi Fundamentals (12PM-1PM)	
1pm-2pm						Open Mat (1PM-2PM)	Open Mat (1:30PM-3:30PM) Members and Non-Members Welcome
4pm-5pm		Tiny Squids BJJ (4PM-5PM) Ages 4-6		Tiny Squids BJJ (4PM-5PM) Ages 4-6	Open Mat (4PM-7PM)	Adults No-Gi (2PM-3:30PM) 3+ Stripes	Open Mat (1:30PM-3:30PM) Members and Non-Members Welcome
5pm-6pm	Kids BJJ (5PM-6PM) Ages 7+	Kids No-Gi (5PM-6PM) Ages 7+	Kids BJJ (5PM-6PM) Ages 7+	Kids No-Gi (5PM-6PM) Ages 7+			
6pm-7pm	Adults Gi Fundamentals (6PM-7PM)	Adults No-Gi Fundamentals (6PM-7PM)	Adults Gi (6PM-7PM) 2+ Stripes	Adults No-Gi Fundamentals (6PM-7PM)			
7pm-8pm	Adult Gi Progressive Fundamentals (7PM-8PM)	Adult No-Gi Progressive Fundamentals (7PM-8PM)	Open Mat (7PM-8:30PM)	Adults Leglocks (7PM-8:30PM) 3+ Stripes			
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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7am-8am							
8:30am-9:30am		Adults Bag Kickboxing (8:30AM-9:30AM)		Adults Bag Kickboxing (8:30AM-9:30AM)			
9am-10am						Adults Bag Kickboxing (9AM-10AM)	
12pm-1pm							
1pm-2pm							
4pm-5pm	Adults Kickboxing (4PM-5PM)		Adults Kickboxing (4PM-5PM)				
5pm-6pm							
6pm-7pm							
7pm-8pm							