

150 GRAPPLING

2026

CLASS SCHEDULE

MONDAY

6:00-7:15 AM Adult Jiu-Jitsu (GI)
5:30-6:30 PM Kids Jiu-jitsu (GI)
6:45-8:15PM Adult Jiu-Jitsu (GI)

TUESDAY

12:00-1:15 PM Adult Jiu-Jitsu (GI)
5:15-6:15PM Novice Jiu-Jitsu (GI)
6:15-7:15PM Open Mat Jiu-Jitsu (GI & NOGI)

WEDNESDAY

6:00-7:15 AM Adult Jiu-Jitsu (GI)
5:30-6:30 PM Kids Jiu-jitsu (GI)
6:45-8:15PM Adult Jiu-Jitsu (NOGI)

THURSDAY

12:00-1:15 PM Adult Jiu-Jitsu (GI)
5:15-6:15PM Novice Jiu-Jitsu (NOGI)
6:15-7:15PM Open Mat Jiu-Jitsu (GI & NOGI)

FRIDAY

6:00-7:15 AM Adult Jiu-Jitsu (NOGI)
6:00-7:30PM Adult Jiu-Jitsu (GI)

SATURDAY

8:30-9:30 AM Kids Jiu-jitsu (GI)
10:00AM-11:15AM Novice Adult Jiu-Jitsu (GI)

SUNDAY

10:00AM-12:00PM Adult OPEN MAT (GI & NOGI)

Please contact us prior to visiting!

www.150grappling.com
Email: staff@150grappling.com