

150 GRAPPLING CLASS SCHEDULE

08/2026 update

<u>MONDAY</u> 6:00-7:15 AM Adult Jiu-Jitsu (GI) 5:30-6:30 PM Kids' Jiu-Jitsu (GI) 6:45-8:15 PM Adult Jiu-Jitsu (GI)	<u>TUESDAY</u> 12:00-1:15 PM Adult Jiu-Jitsu (GI) 5:15-6:30 PM Novice Jiu-Jitsu (GI)	<u>WEDNESDAY</u> 6:00-7:15 AM Adult Jiu-Jitsu (GI) 5:30-6:30 PM Women's Jiu-Jitsu (NO GI) 6:45-8:15 PM Adult Jiu-Jitsu (NO GI)
<u>THURSDAY</u> 12:00-1:15 PM Adult Jiu-Jitsu (GI) 5:30-6:30 PM Kids' Jiu-Jitsu (NO GI) 6:45 - 8:00 PM Novice Adult Jiu-Jitsu (NO GI)	<u>FRIDAY</u> 6:00-7:15 AM Adult Jiu-Jitsu (NO GI) 6:00-7:30 PM Adult Jiu-Jitsu (GI)	<u>SATURDAY</u> 8:30-9:30 AM Kids' Jiu-Jitsu (GI) 10:00AM-11:15 AM Novice Adult Jiu-Jitsu (GI)
<u>SUNDAY</u> 8:30-9:30 AM Women's Jiu-Jitsu (GI) 10:00 AM-12:00 PM Adult OPEN MAT (GI & NO GI)		

Please contact us prior to visiting!

www.150grappling.com

Email: staff@150grappling.com