150 GRAPPLING CLASS SCHEDULE

11/2026 update

MONDAY	TUESDAY	WEDNESDAY
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)	12:00-1:15 PM Adult Jiu-Jitsu (GI) 5:15-6:30 PM Novice Jiu-Jitsu (GI)	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)
THURSDAY	**FRIDAY**	**SATURDAY**
5:30-6:30 PM Kids' Jiu-Jitsu (NO GI) 6:45 - 8:00 PM Novice Adult Jiu-Jitsu (NO GI)	6:00-7:15 AM Adult Jiu-Jitsu (NO GI) 12:00-1:15 PM Adult Jiu-Jitsu (GI) 6:00-7:30 PM Adult Jiu-Jitsu (GI)	8:30-9:30 AM Kids' Jiu-Jitsu (GI) 10:00AM-11:15 AM Novice Adult Jiu-Jitsu (GI)

SUNDAY
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