# SEA TO SEA JIU JITSU

## CLASS SCHEDULE

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| **MONDAY** | 5:30 – 6:20 PM | Mat Pilates |
| **TUESDAY** | 3:30 – 4:00 PM | Kids Jiu Jitsu (Ages 5–7) *(Starts 2027)* |
| | 4:15 – 5:00 PM | Kids Jiu Jitsu (Ages 8–12) *(Starts 2027)* |
| | 6:30 – 7:45 PM | Gi Jiu Jitsu |
| **WEDNESDAY** | 3:30 – 4:00 PM | Kids Jiu Jitsu (Ages 5–7) *(Starts 2027)* |
| | 4:15 – 5:00 PM | Kids Jiu Jitsu (Ages 8–12) *(Starts 2027)* |
| | 5:15 – 6:15 PM | Women's Kickboxing |
| | 6:30 – 7:45 PM | No-Gi Jiu Jitsu |
| **THURSDAY** | 5:30 – 6:20 PM | Mat Pilates |
| | 6:30 – 7:00 PM | Wrestling for Jiu Jitsu |
| | 7:00 – 8:00 PM | No-Gi Jiu Jitsu |
| **FRIDAY** | 10:00 – 10:30 AM | Kids Jiu Jitsu (Ages 5–7) *(Starts 2027)* |
| | 11:00 – 11:45 AM | Kids Jiu Jitsu (Ages 8–12) *(Starts 2027)* |
| | 4:30 – 5:30 PM | Co-Ed Kickboxing |
| **SATURDAY** | 9:00 – 9:50 AM | Mat Pilates |
| | 10:00 – 11:15 AM | No-Gi Jiu Jitsu |
| **SUNDAY** | 10:00 – 11:30 AM | Open Mat |