



SAMURAI SPIRIT BRAZILIAN JIU JITSU

WEEKLY SCHEDULE

MONDAY

6:00AM

GI ADULTS 15+
(ALL LEVELS)

8AM - 3PM

PRIVATE SESSIONS

3:00PM

AFTER SCHOOL
PROGRAM

4:00PM

LITTLE SAMURAI
(3-7 YEARS)

4:45PM

LITTLE SAMURAI
(3-7 YEARS)

5:30PM

TEENS AND JUNIORS
(8-14 YEARS)

6:30PM

GI ADULTS 15+
(ALL LEVELS)

7:30PM

LIVE TRAINING

TUESDAY

8AM - 3PM

PRIVATE SESSIONS

3:00PM

AFTER SCHOOL
PROGRAM

4:00PM

JUNIORS AND
TEENS
(8-14 YEARS)

4:45PM

LITTLE SAMURAI
(3-7 YEARS)

5:30PM

LITTLE SAMURAI
(3-7 YEARS)

6:30PM

NOGI - ADULTS 15+
ALL LEVELS

7:30PM

LIVE TRAINING

WEDNESDAY

6:00AM

GI ADULTS 15+
(ALL LEVELS)

8AM - 3PM

PRIVATE SESSIONS

3:00PM

AFTER SCHOOL
PROGRAM

4:00PM

LITTLE SAMURAI
(3-7 YEARS)

4:45PM

LITTLE SAMURAI
(3-7 YEARS)

5:30PM

TEENS AND JUNIORS
(8-14 YEARS)

6:30PM

GI ADULTS 15+
(ALL LEVELS)

7:30PM

LIVE TRAINING

THURSDAY

8AM - 3PM

PRIVATE SESSIONS

3:00PM

AFTER SCHOOL
PROGRAM

4:00PM

JUNIORS AND TEENS
(8-14 YEARS)

4:45PM

LITTLE SAMURAI
(3-7 YEARS)

5:30PM

LITTLE SAMURAI
(3-7 YEARS)

6:30PM

NOGI - ADULTS 15+
ALL LEVELS

7:30PM

LIVE TRAINING

FRIDAY

6:00AM

GI ADULTS 15+
(ALL LEVELS)

8AM - 3PM

PRIVATE
SESSIONS

3:00PM

AFTER SCHOOL
PROGRAM

4:45PM

NOGI KIDS
(AGES 3-7)

5:30PM

NOGI KIDS
(AGES 8-14)

6:30PM

GI/NOGI
LIVE TRAINING

SATURDAY

8AM-10AM

PRIVATE
SESSIONS

10:00AM

SAMURAI KIDS
(AGES 3-14)

11:00AM

GI ADULTS 15+
(ALL LEVELS)

12:00PM

OPEN MAT



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