



**M T W T F S**

6 - 7 AM* *Except for Sat	ADULT GI (All Levels)	ADULT NO-GI (All Levels)	ADULT GI (All Levels)	ADULT NO-GI (All Levels)	ADULT GI (All Levels)	7:30-9AM: ADULT OPEN MAT
10 - 11 AM*		MUAY THAI STRIKING (All Levels)			MUAY THAI STRIKING (All Levels)	9-10AM: WOMEN ONLY NO-GI (All Levels)
11 AM - 12 PM*		ADULT GI (All Levels)	ADULT GI (All Levels)	ADULT NO-GI (All Levels)	ADULT NO GI (Competition)	10-11AM: YOUTH NO-GI (Competition)
4 - 4:45 PM	LITTLE CUBS (Ages 4-6)		LITTLE CUBS (Ages 4-6)		LITTLE CUBS (Ages 4-6)	FREE ONE WEEK TRIAL FOR NEW STUDENTS
5 - 6 PM	YOUTH GI (Ages 7-10)	YOUTH NO-GI (Ages 7-10)	YOUTH GI (Ages 7-10)	YOUTH NO-GI (Ages 7-10)	YOUTH GI (Ages 7-10)	HEAD INSTRUCTORS:  Chuy Moreno @chuyjitsu
6 - 7 PM	TEENS GI (Ages 11-14)	TEENS NO-GI (Ages 11-14)	TEENS GI (Ages 11-14)	TEENS NO-GI (Ages 11-14)	WOMEN ONLY BJJ (All Levels)	Manny Moreno @mannymorenobjj  lincolnjiujitsuacademy.com
7 - 8:15 PM	ADULT GI (All Levels)	ADULT NO-GI (All Levels)	ADULT GI (All Levels)	ADULT NO-GI (All Levels)	UNTIL 7:30PM	

Competition classes are by instructor invitation only. | Private lessons available upon request and availability.