

 @AOMJJ

 Art of Motion Jiu Jitsu

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**First week is FREE!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10-11: Muay Thai 11-12:30: NoGi Jiu Jitsu 2-3: Homeschool 5:30-6: Littles Gi Jiu Jitsu (4-6) 6-6:45: Kids Gi Jiu Jitsu (7-14) 6:45-8:15: Gi Jiu Jitsu	9-10:30: NoGi Jiu Jitsu 5-5:45: Kids Kickboxing 6-6:45: Muay Thai 6:45-7:30: Fitness 7:30-8:30: Adult Kickboxing/ Sparring	10-10:45: Fitness 11-12:30: Gi Jiu Jitsu 2-3: Homeschool 5:30-6: Littles NoGi Jiu Jitsu (4-6) 6-6:45: Kids NoGi Jiu Jitsu (7-14) 6:45-8:15: NoGi Jiu Jitsu	9-10:30: Gi Jiu Jitsu 5-5:45: Kids Kickboxing 6-6:45: Muay Thai 6:45-7:30: NoGi Jiu Jitsu Drills 7:30-8:30: Adult Kickboxing/ Sparring	8-9:00: Upper belt & above Open mat (purple & above) 10-10:45: Fitness 11-12: MMA Drills 2-3: Homeschool 6-7:30: Basics Gi Jiu Jitsu 7:30-8:30: Adult Kickboxing/ Sparring	11-1: Open Mat <i>(Open to members of any school)</i>