

Garth Taylor Jiu-Jitsu and Martial Arts - Weekly Schedule

Effective: 4/15/2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Jiu-Jitsu (Adults)		Jiu-Jitsu (Adults)			
10:00 AM						Kickboxing (All Ages)	
11:00 AM						Jiu-Jitsu (Adults)	Jiu-Jitsu (Adults)
Noon	Jiu-Jitsu (Adults)	Jiu-Jitsu (Adults)	No-Gi Jiu-Jitsu (Adults)	Jiu-Jitsu (Adults)	Jiu-Jitsu (Adults)	Open Mat	Open Mat
1:00 PM							
3:30 PM	Jiu-Jitsu (Mini Groms)		Jiu-Jitsu (Mini Groms)		Jiu-Jitsu (Mini Groms)		Age Groups:
4:00 PM	Jiu-Jitsu (Groms)	Jiu-Jitsu (Groms & Menes)	Jiu-Jitsu (Groms)	Jiu-Jitsu (Groms & Menes)	Jiu-Jitsu (Groms)		Mini Groms: Ages 3.5 - 5
5:00 PM	Jiu-Jitsu (Menehuenes)	Kickboxing (Menehuenes)	Jiu-Jitsu (Menehuenes)	Kickboxing (Menehuenes)	Jiu-Jitsu (Menehuenes)		Groms: Ages 6 - 8
6:00 PM Concurrent Classes	BJJ 101 & Intermediate / Advanced (Adults)	No-Gi Jiu-Jitsu (Adults)	BJJ 101 & Intermediate / Advanced (Adults)	No-Gi Jiu-Jitsu (Adults)	Jiu-Jitsu (Adults)		Menehuenes: Ages 9 - 15
		6:15 - 7:15 Kickboxing (Adults)		6:15 - 7:15 Kickboxing (Adults)			Adults: Age 16+
7:00 PM	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat		

Please visit www.garhtaylorjj.com or call 831.278.2650 for more information.