



UNITED BJJ HAWAII

WEEKLY SCHEDULE

DAYS

TIME

CLASSES

MONDAY

6:00AM - 7:30AM	ADULT BJJ
4:15PM - 5:00PM	LIL KEIKI BJJ (6-9 YRS)
5:00PM - 6:00PM	KIDS BJJ (10+)
6:00PM - 7:30PM	ADULTS BJJ
7:30PM - 8:30PM	BJJ BASICS

TUESDAY

6:00AM - 7:30AM	ADULTS NO GI
4:15PM - 5:00PM	LIL KEIKI NO GI (6 - 9 YRS)
5:00PM - 6:00PM	KIDS NO GI (10 - 13 YRS)
6:00PM - 7:30PM	ADULTS NO GI

WEDNESDAY

6:00AM - 7:30AM	ADULT BJJ
4:30PM - 5:00PM	TINY TOTS (3 -5 YRS)
5:00PM - 6:00PM	KIDS BJJ (10 - 13 YRS)
6:00PM - 7:30PM	ADULTS BJJ
7:30PM - 8:30PM	BJJ BASICS

THURSDAY

6:00AM - 7:30AM	ADULT NO GI
4:30PM - 5:00PM	TINY TOTS (3 -5 YRS)
5:00PM - 6:00PM	KIDS NO GI (10 - 13 YRS)
6:00PM - 7:30PM	ADULTS NO GI

FRIDAY

6:00AM - 7:30AM	ADULTS BJJ
4:15PM - 5:00PM	LIL KEIKI BJJ (6-9 YRS)
5:00PM - 6:00PM	KIDS BJJ (10 - 13 YRS)
6:00PM - 7:30PM	WOMENS BJJ

SATURDAY

9:00AM - 10:00AM	ADULTS NO GI (LEG LOCKS)
10:00PM - 11:30AM	ADULTS NO GI (OPEN MAT)

SUNDAY

CLOSED