

ISLA JIU JITSU ACADEMY SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------|-------------------------------|--------------------------------|-------------------------------|------------------------------|---------------------------------|--------|
| | 7AM adults all-levels | | | | 9:30AM kids nogi ages 6+ | |
| 11AM adults all-levels | | 11AM adults all-levels | | 11AM adults all-levels | 10:30AM kids live ages 6+ | |
| | | | | | 11:30AM adults all-levels | |
| 4:30PM junior ages 9-11 | 4:30PM tiny ages 4-6 | 4:30PM junior ages 9-11 | 4:30PM tiny ages 4-6 | | | |
| 5:30PM teens ages 12-15 | 5:30PM littles ages 7-8 | 5:30PM teens ages 12-15 | 5:30PM littles ages 7-8 | 5:30PM women's age 12+ | | |
| 6:30PM adults all-levels | 6:30PM adults advanced | 6:30PM adults all-levels | 6:30PM adults no-gi | 6:30PM adults open mat | | |

call/text 253.282.2906 to schedule your 3 day free trial // info@islajiujiitsu.com // @islajiujiitsu