

# THOUSAND OAKS

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>KIDS JIU JITSU</b>							
KIDS 3 - 5 YEARS OLD	3:30 pm - 4:00pm		3:30 pm - 4:00 pm		3:30 pm - 4:00 pm		
KIDS 5- 7 YEARS OLD (LEVEL 01 & 02 )		3:20 pm - 4:00 pm		3:20 pm - 4:00 pm	3:30 pm - 4:00 pm		
JUNIORS 7 - 8 YEARS OLD (LEVEL 01 & 02 )	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm		
TEENS 9 - 13 YEARS OLD (LEVEL 01 & 02 )	5:00 pm - 6:00 pm	4:00 pm - 5:00 pm	5:00 pm - 6:00 pm	4:00 pm - 5:00 pm	4:00 pm - 5:00 pm		
NO GI 7 - 13 YEARS OLD ( LEVEL 02 )					5:00 pm - 6:00 pm		
PARENTS AND KIDS						9:30 am - 10:00 am	
<b>ADULT JIU JITSU</b>							
FUNDAMENTAL JIU JITSU	7:00 am - 8:00 am	6:00 pm - 7:00 pm	7:00 am - 8:00 am	6:00 pm - 7:00 pm			
ADVANCED JIU JITSU	6:00 pm - 7:00 pm	9:30 am- 10:30 am	6:00 pm - 7:00 pm	9:30 am- 10:30 am			
ALL LEVELS	7:00 am - 8:00 am		7:00 am - 8:00 am			10:00 am - 11:0am	
NO-GI		6:00 pm - 7:00 pm		6:00 pm - 7:00 pm			
OPEM MAT ADVANCE ( Gi and NO-Gi )	8:00 am - 8:30am 7:00 pm - 7:45 pm	10:30am- 11:30 am 7:00 pm - 7:45 pm	8:00 am - 8:30am 7:00 pm - 7:45 pm	10:30am- 11:30 am 7:00 pm - 7:45 pm	6:00 pm - 7:00pm	11:00 am - 12:00 pm	
( EVREY OTHER SUNDAY ) COMPETITION CLASS							10:00 am - 11:30 am
<b>KETTLEBELLS</b>		5:00 pm - 6:00 pm		5:00 pm - 6:00 pm		8:15 am - 9:15 am	
ADULT INTERMEDIATE, ADULT ADVANCE, NO-GI and open mat is to students who finish 24 FUNDAMENTAL classes and got invited							
							